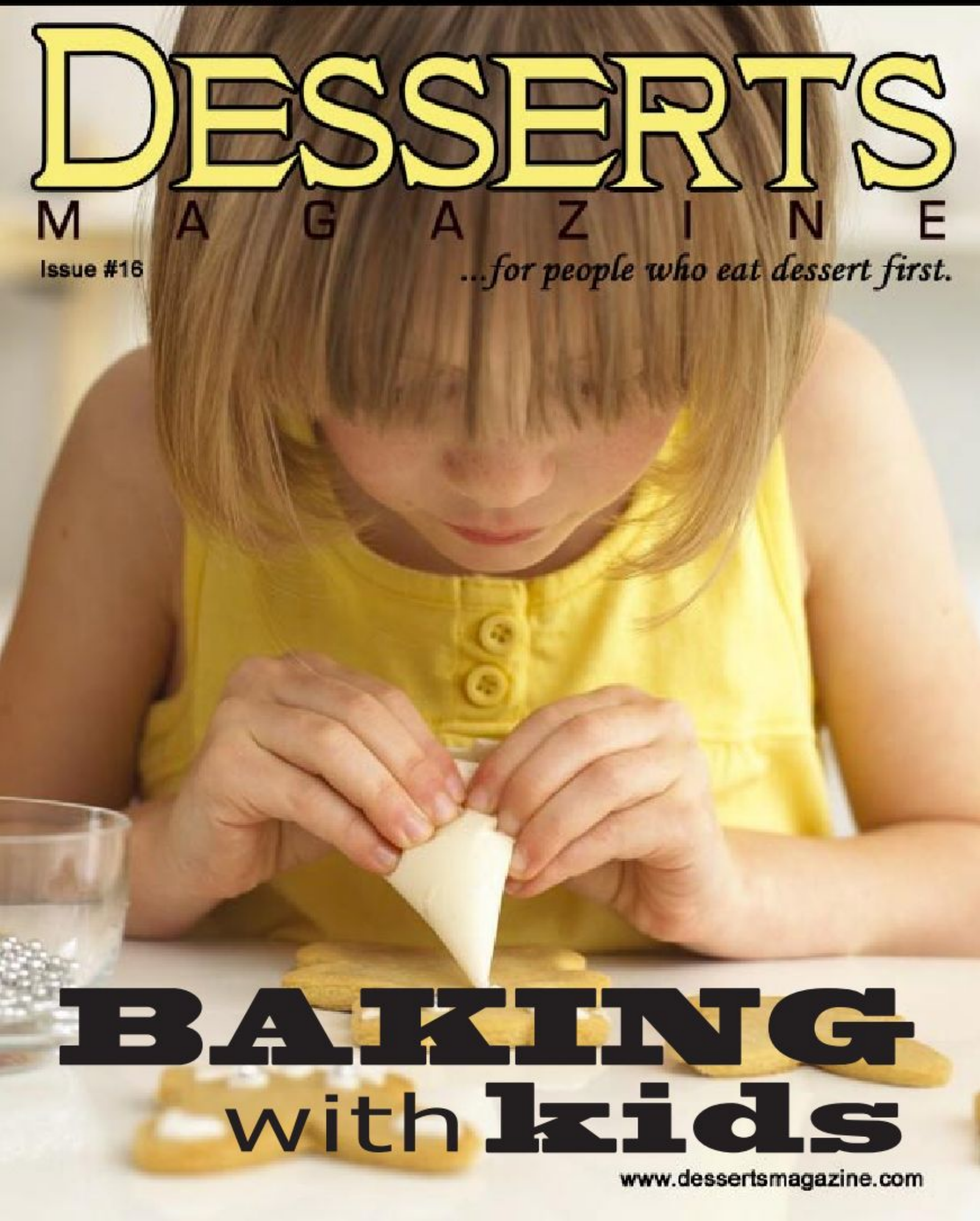
Trail Mix Bars Egg-Free Oat and Raisin Cookies Brownie S'mores Bars

DESSERTS
MAGAZINE

Issue #16

...for people who eat dessert first.



BAKING with kids

www.dessertsmagazine.com

A Note from the Editor...

My five-year-old nephew, Felipe, has enjoyed helping his mom in the kitchen since he was three-years-old.

Kids will eargely eat something they have prepared themselves and love to see others enjoying their food. If you are baking for your child and want to have some fun in the kitchen, you will find great resources in this issue. The recipes are so easy and simple that kids and adults alike will enjoy making and eating them. Remember, adult supervison is essential when kids are either cooking or baking.

Take the time to bake and bond with your child in the kitchen... It's priceless!

Happy baking,

Vera Shepherd



Cover photograph by Ebury Press

Desserts Magazine

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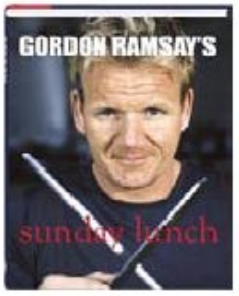
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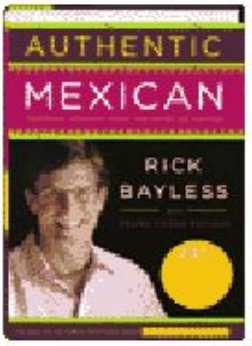
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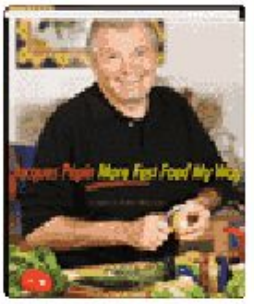
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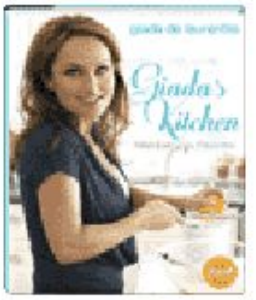
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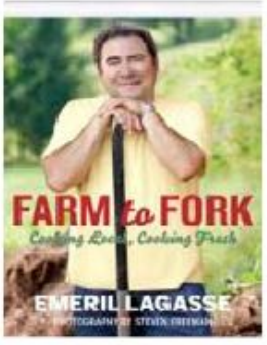
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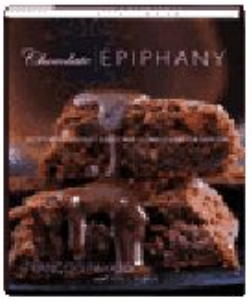
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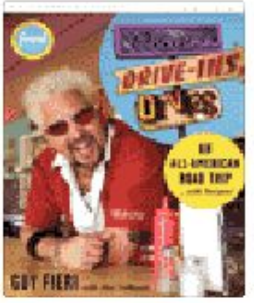
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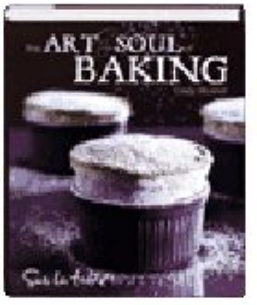
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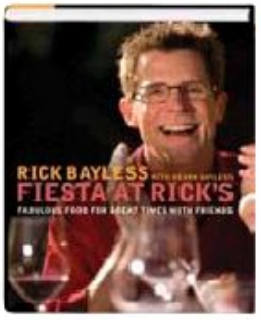
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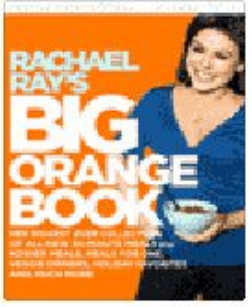
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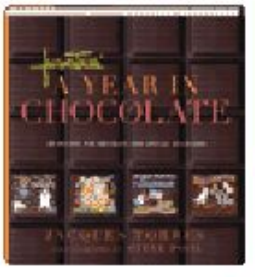
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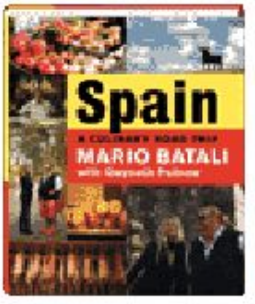
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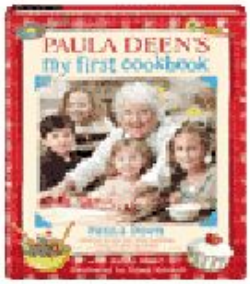
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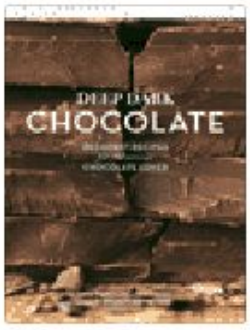
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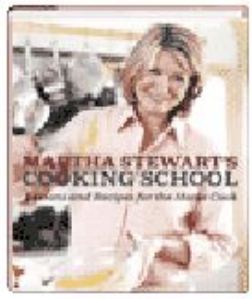
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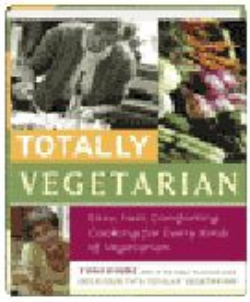
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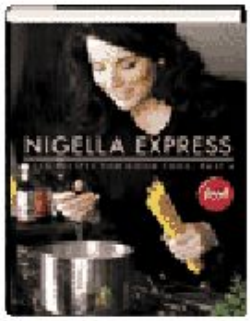
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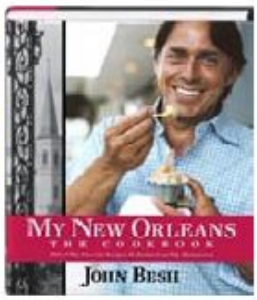
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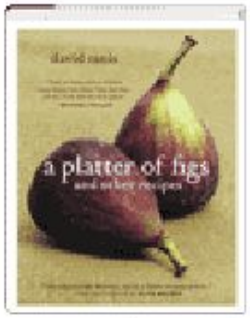
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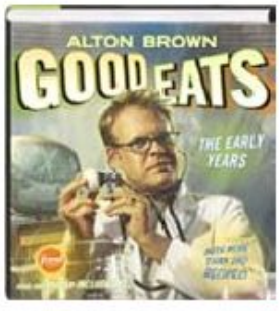
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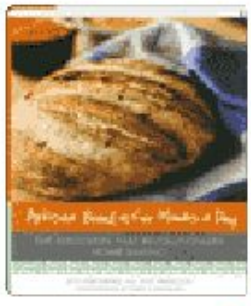
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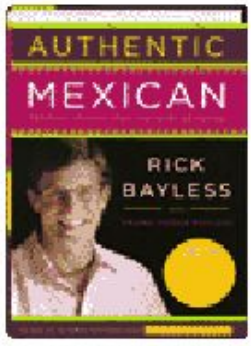
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lunchbox treats

Quick tasty treats that your child can help you make them!



recipes by Annabel Karmel
photography by William Lingwood except where noted

Trail Mix Bars

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Trail mix is a snack food commonly used in activities like hiking, backpacking, and mountaineering. It usually consists of a mixture of nuts, seeds, and dried fruits such as raisins and cranberries. It is energy rich and has a high content of vitamins and minerals. Try pumpkin seeds instead of nuts, or dried cranberries rather than chocolate chips. **Makes 8 bars**

LUNCH BOX LOWDOWN

With some schools banning chocolate from packed lunches, cereal bars are the obvious substitute. However, do check the label before you buy; some cereal bars are more than 40 percent sugar and more than 30 percent fat. Also, while sugar eaten in a bowl of cereal tends to get washed away by the milk, in sticky cereal bars sugar sticks to the teeth, causing maximum damage.

4 Tablespoons (1/2 stick) unsalted butter
3 Tablespoons honey
1-1/3 cups quick cooking oats
1/2 cup packed light brown sugar
1/4 cup Cheerios
1/4 raisins
1/4 cup salted peanuts or pumpkin seeds
1/4 cup milk chocolate chips
1/4 cup sunflower seeds
1/4 teaspoon salt

1. Preheat the oven to 325°F. Line an 8-inch square pan with parchment or other baking paper and lightly grease.

2. Put the butter and honey in a small saucepan and heat gently until the butter has melted. Set aside to cool.

3. Put the remaining ingredients in a large bowl and stir to combine. Add the cooled butter mixture and mix well. Transfer to the prepared pan and press down firmly with a potato masher. Bake for 30 minutes or until the center is just firm to the touch.

4. Allow to cool for 15 minutes, then mark into eight bars, using a sharp knife. Allow to cool completely before lifting from the pan. Store in an airtight container.

Annabel's Apricot Cookies

Reprinted from the **Lunch Boxes and Snacks: over 120 healthy recipes, from delicious sandwiches and salads to hot soups and sweet treats** by Annabel Karmel. Copyright © 2003, 2007 by Annabel Karmel. Published by Atria Books a division of Simon & Schuster, Inc.

These are my son Nicholas' favorite cookies. They are a rather unusual but totally irresistible combination of dried apricots, cream cheese, and white chocolate. **Makes about 18 cookies**

8 Tablespoons (1 stick) unsalted butter
4 ounces cream cheese
1/2 cup superfine sugar
1/2 cup all-purpose flour
1/4 cup chopped dried apricots
1/2 cup white chocolate chips or chopped white chocolate

1. Preheat the oven to 350°F. Line some baking sheet with parchment or other baking paper (unless using nonstick).

2. In a large mixing bowl, cream together the butter and cream cheese. Add the sugar and beat until fluffy. Gradually add the flour, then fold in the apricots and chocolate. The dough will be quite soft—DON'T WORRY!

3. Drop heaping teaspoons of the mixture onto the baking sheets and bake for about 15 minutes until lightly golden. Allow the cookies to cool and harden for a few minutes, then transfer to a wire rack.

LUNCH BOX LOWDOWN
Many teenagers are overfed but undernourished, eating far too much junk food. The onset of menstruation means that girls' iron requirements almost double, so snacks like dried apricots and toasted seeds are good choices. In addition, calcium is vital to help build bone mass in this period of enormous growth, so include foods like cheese and yogurt.





Egg-Free Oat and Raisin Cookies

Reprinted from **The Fussy Eaters' Recipe Book: 135 quick, tasty, and healthy recipes that your kids will actually eat** by Annabel Karmel. Text copyright © 2007 by Annabel Karmel. Photographs copyright © 2007 by Ebury Press Published by Atria Books a division of Simon & Schuster, Inc.

There is nothing quite like an egg, especially when it comes to baking. Egg protein is the magical ingredient that holds cookies together and creates light, fluffy sponge cakes. Unfortunately, egg protein is also a potent allergen. Egg substitutes designed mainly for cake making are one solution and can be found at some health-food stores and through specialist suppliers. But they can't mimic the rich flavor that eggs give to cakes, so you may need to add extra butter or flavorings like vanilla. These cookies are quite delicious without egg. **Makes 12 cookies**

6 Tablespoons unsalted butter, softened
1/2 cup packed light brown sugar
1 Tablespoon golden syrup, such as Lyle's, or light corn syrup
1 Teaspoon vanilla extract
1/3 cup all-purpose flour
3/4 cup quick-cooking oats
1/4 teaspoon baking soda
1/2 teaspoon salt
2/3 cup raisins
1/3 cup pine nuts or sunflower seeds

LUNCH BOX LOWDOWN
Avoid giving your child too many processed foods, as they tend to contain few nutrients, too much salt, sugar, and saturated fat, and a lot of additives.

1. Preheat the oven to 350°F.

2. Cream the butter, sugar and golden syrup together until pale and fluffy, then beat in the vanilla. In a separate bowl , stir together the flour, oats, baking soda, and salt, then fold into the butter mixture, followed by the raisins and pine nuts or sunflower seeds.

3. Take roughly 2 tablespoons of the mixture and roll into a golf-ball-size. Put on lightly greased baking sheets, spaced about 1-1/2 inches apart, and flatten slightly.

4. Bake for about 12 minutes, rotating the baking sheets halfway through, until lightly golden. Remove from the oven and allow to cool on the baking sheets for a few minutes, then carefully transfer to cooling racks and allow to cool completely. The cookies will become more crisp as they cool. Store in an airtight container for up to 5 days.

Apple and Raisin Bran Muffins

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Complex carbohydrates satisfy the appetite longer than refined carbohydrates do and provide sustained energy. These delicious muffins will give your child a real energy boost at any time. **Makes about 10 muffins**



1/2 cup whole wheat flour
1-1/2 teaspoons baking powder
1 teaspoon ground ginger
1 teaspoon pumpkin pie spice
3/4 cup wheat bran
3/4 cup packed light brown sugar
1 large apple, peeled and grated
3/4 cup raisins
1/2 cup vegetable oil
2 eggs, beaten
2 Tablespoons honey
1 Tablespoon maple syrup
2 Tablespoons milk

1. Preheat the oven to 350°F. Line a muffin pan with paper cups.

2. Mix together the flour, baking powder, ginger, spice, wheat bran, and sugar. Add the apple and raisins. In a separate bowl, mix the vegetable oil, eggs, honey, maple syrup, and milk. Pour into the flour mixture and stir until just combined.

3. Spoon the mixture into the paper cups and bake for about 25 minutes until golden.

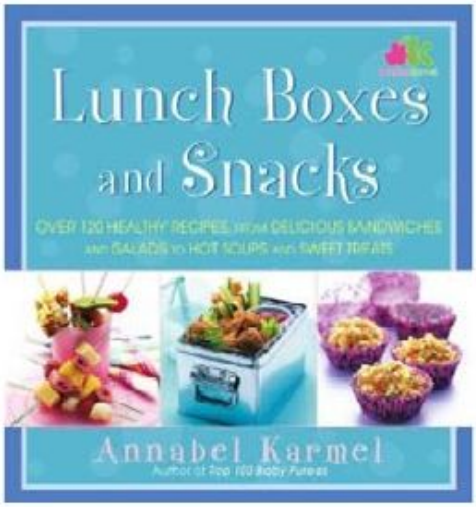
LUNCH BOX LOWDOWN
Add a personal touch to your child's lunch. Tuck in a note, stickers, or joke or send a special treat label "Share with a friend." Pack fun napkins, decorate lunch bags with stickers, or draw a face on a banana with a marker pen.



photography by Vera Shepherd

Editor's Notes: If you do not have pumpkin spice handy... In a bowl, mix 1/2 teaspoon ground cinnamon, 1/4 teaspoon ground ginger, 1/8 teaspoon ground allspice or ground cloves, and 1/8 teaspoon ground nutmeg. This mixture will yield about 1 teaspoon. You can omit the ground ginger and pumpkin spice and substitute with ground cinnamon. If you do not have maple syrup use honey. You can also use dark brown sugar instead of light.

Get this...



what: Lunch Boxes and Snacks: Over 120 Healthy Recipes, from Delicious Sandwiches and Salads to Hot Soups and Sweet Treats

why: Annabel Karmel shares more than 120 healthy, creative recipe ideas as well as time-saving hints and tips that will help you make a complete and nutritious lunch without increasing the chaos of your morning routine.
It's packed with mouthwatering recipes that can boost your child's brainpower, increase energy, and strengthen the immune system.
You'll find quick recipes that can be prepared in advance and kept in the fridge or freezer. Tips to get your child involved in the lunch-making process.

where: www.amazon.com

DID YOU KNOW...?

WHEAT GERM is the part of the wheat kernel that germinates and turns into a plant. It is the **MOST** nutrient-rich part of the wheat.

It is very **HIGH** in **protein.** The human body needs protein in order to **repair** tissue damage and to **help** minerals and nutrients reach our cells.

Also **HIGH** in **potassium, iron, and folic acid.** Also found in great quantities are **riboflavin, calcium, zinc magnesium and vitamins A, E, B1 and B3. Vitamins B1 and 3** are very important to maintain energy levels and maintain healthy muscles, organs, hair and skin. **Vitamin E** is a very important antioxidant. **It helps prevent the aging process and heart disease.**

In addition, **wheat germ is a good source of OMEGA-3 fatty acids**. Omega-3 fatty acids helps to **lower cholesterol** and **blood pressure** as well as being important for nervous system functioning, and help elevate mood.

Lastly, wheat germ is also a **GOOD** source of **FIBER** which has **many benefits** including improved bowel function and may **reduce** the risk of developing heart disease and diabetes and **prevent** weight gain.

STORE wheat germ in the refrigerator. Wheat germ contains natural oils and will go rancid very quickly if not properly stored.



no bake DESSERTS

recipes by Annabel Karmel

Raspberry Ripple Cheesecake

Reprinted from the **Mom and Me Cookbook: have fun in the kitchen!** by Annabel Karmel. Copyright © 2005 by Annabel Karmel. Published by DK Publishing, Inc.

Swirl raspberries and cream to make the dreamiest cheesecake ever!

8 Tablespoons (1 stick) unsalted butter
8 oz (250 g) graham crackers
1 Teaspoon vanilla extract
16 oz (450 g) cream cheese
1 cup superfine sugar
2-1/2 cups fresh raspberries
2/3 cup cup powdered sugar
1-2/3 cups whipping cream

1 Put the crackers in a bag. Then use a rolling pin to roll and crush them into crumbs.

2 Melt the butter in a pan. Pour the crushed graham crakers into the butter and stir thoroughly.

3 Line an 8-in (20-cm) cake pan (one with a removable base) with plastic wrap. Spoon in the cracker mixture, press flat with a masher, and refrigerate.

4 Make raspberry puree, bring the raspberries and powdered sugar to a boil. then simmer for 10 minutes. Cool, then press through a sieve.

5 Mix together the cream cheese, superfine sugar, and vanilla extract. Whip the cream until stiff, then fold it into the cheese mixture.

6 Spread topping on the cracker base, use about 3/4 of the cheese mixture. Then spoon on 3/4 of the puree and swirl it into the cheesecake mixture

7 Gently spread on the remaining cheesecake mixture. Drizzle on straight lines of raspberry puree. Pull a skewer across the lines for a feathered effect.

Tools needed...





Chocolate Fridge Cake

Reprinted from the **Mom and Me Cookbook: have fun in the kitchen!** by Annabel Karmel. Copyright © 2005 by Annabel Karmel. Published by DK Publishing, Inc.

These delicious bricks of chocolate cake will keep for two weeks in the refrigerator.

5 oz (150 g) semisweet chocolate
5 oz (150 g) milk chocolate
8 Tablespoons (1 stick) unsalted butter
1/2 cup golden syrup or light corn syrup
8 oz (250 g) graham crackers
3/4 cup dried apricots, chopped
1/2 cup raisins
1/2 cup chopped pecans, optional

1 Use plastic wrap to line an 8-in (20-cm) square pan. Leave extra plastic wrap hanging over the sides.

2 Break the crackers into pieces with a rolling pin. (Put them in a plastic bag first so they don't go everywhere.

3 Melt chocolate, butter, and syrup in a heatproof bowl set over a pan of simmering water. Stir occasionally.

4 Remove the bowl from the heat and stir in the broken crackers, apricots, raisins, and pecans (optional).

5 Spoon the mix into the pan. Level the surface by pressing it down with a potato masher.

6 Allow to cool, then put the chocolate mixture in the refrigerator for 1 to 2 hours to set.

7 Turn out the cake and peel off the plastic wrap. Cut the cake into 12 squares and enjoy!

Tools needed...







Annabel says...

“EAT TOGETHER. Eating with the whole family whenever possible can really make a difference.

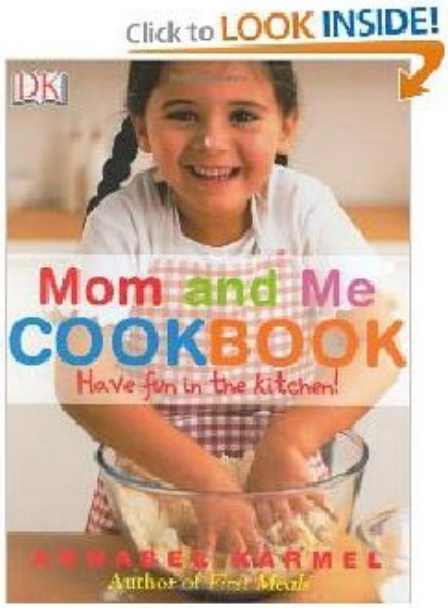
Personally, I think that taking the focus off your child’s eating and having lots of social chat at the table is helpful. Avoid using mealtimes to assert authority. If there is a lecture to give, choose another time.

My children are teenagers now, and on Friday night we always try to have dinner together and take turns telling one another some of the good and bad things that happened to us during the week. Sometimes children don’t realize that bad things happen to adults, too, so it doesn’t matter whether it’s trivial or important-dinnertime is a time for communicating and getting to know one another. It can soon become a regular family ritual.

Children are more likely to open up to you if you are open with them, and it’s good bonding time.”

Excepted from **The Fussy Eaters’ Recipe Book: 135 quick, tasty, and healthy recipes that your kids will actually eat** by Annabel Karmel. Text copyright © 2007 by Annabel Karmel. Published by Atria Books a division of Simon & Schuster, Inc.

Get this...



what: Mom and Me Cookbook

who: Annabel Karmel is a mother of three and the author of fifteen best-selling books on cooking for babies, children, and families.

why: The recipes are fun, and look and taste fabulous. Beautiful step-by-step photographs in every recipes. The recipes are easy enough to make with children as young as three-years-old. Your child will learn skills such as counting, measuring, weighing, and telling time. Your child will love to cook and relish kneading and rolling out dough or cracking eggs.
It is a wondeful way to bond with your child!

where: www.amazon.com

Dirt Cake recipe by Vera Shepherd

This dirt cake is one that is sure to please the kids, and adults too! You can serve in washed, dried, and sterilized terra-cotta pot (sterilize the pot by placing it in the oven at 350°F for three hours). If pressed for time use instant chocolate pudding mix, and frozen whipped topping.
Makes about 6 to 8 servings

One (16 oz.) bag chocolate sandwich cookies, such as Oreo cookies
1/3 cup granulated sugar
2 Tablespoons cornstarch
2 Tablespoons unsweetened cocoa powder
1/4 teaspoon salt
2 cups milk (whole or 2%)
2 large egg yolks, lightly beaten
4 ounces semisweet chocolate (preferably, at least 60%), finely chopped
1 Tablespoon unsalted butter
1 teaspoon pure vanilla extract
1 cup heavy cream, well chilled

1 Place the cookies in a food plastic bag and crush the cookies with a rolling pin until it resemble potting soil; set aside. Alternatively, you can use a food processor.

2 To make the pudding, in a pan, add the granulated sugar, cornstarch, cocoa, salt, and whisk until well blended. Whisk in yolks and slowly add milk. Cook over medium-low heat, whisking, until thickened, about 8 to 10 minutes. Remove from heat. Add chocolate, vanilla, and butter, whisk until smooth.

3 Pour the pudding through a sieve into a clean bowl. Refrigerate, stirring occasionally, until chilled and thicken. Press a plastic wrap directly onto the surface, refrigerate until ready to use.

4 In a medium bowl, whip cream with an electric mixer or by hand with a whisk until soft peaks form. Fold in the chilled pudding.

5 To assemble, alternate layers of cookie crumbs and pudding mixture, starting and ending with cookie crumbs. Cover and chill for at least 30 minutes. Before serving, remove from refrigerator and decorate with gummy worms and edible flowers, optional. Serve by digging out with a garden trowel, if desired.

Tools needed...

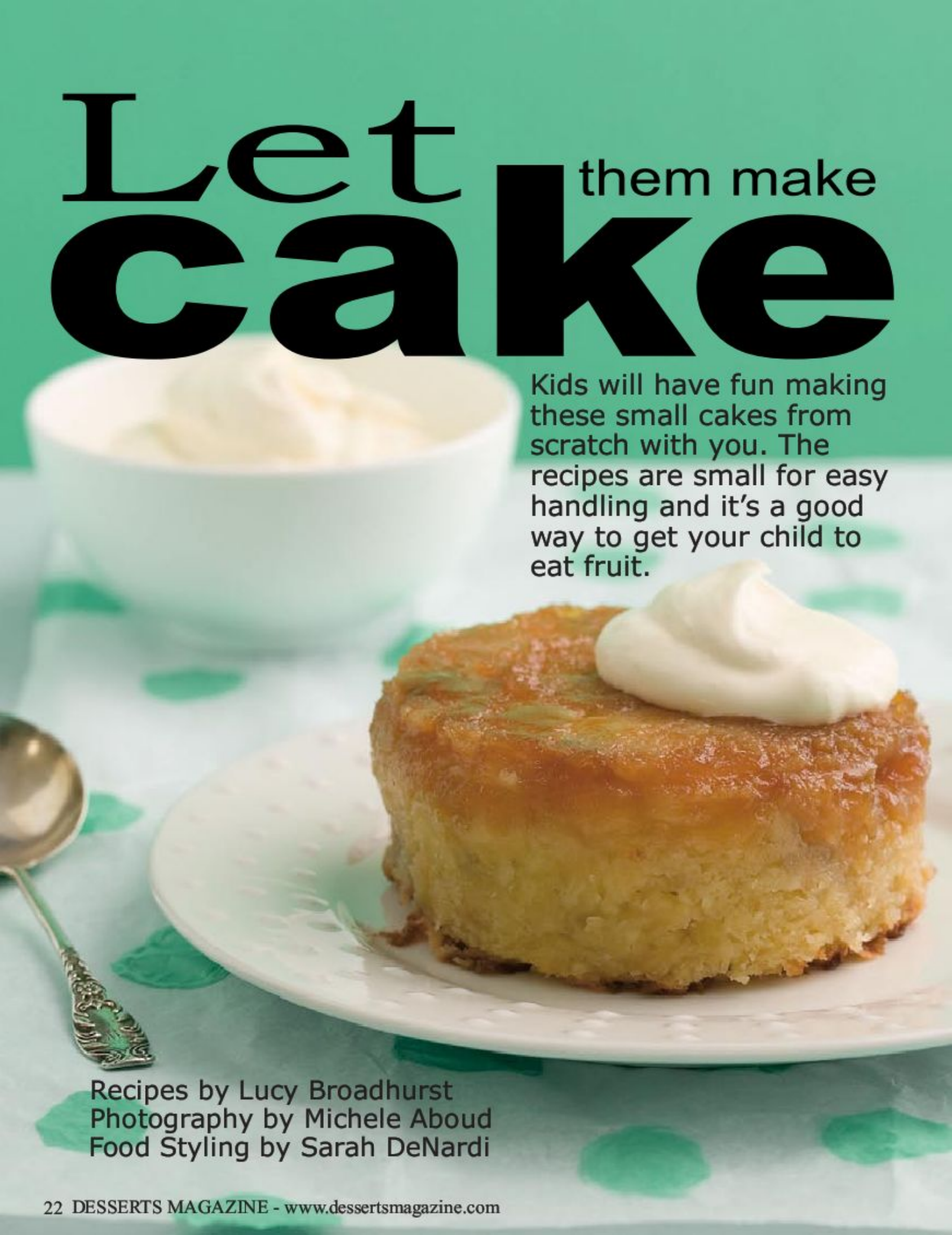




Editor's Notes: If the flowerpot has a drainage hole place a piece of cookie over the hole to prevent leakage. Only use terra-cotta pot or use clear plastic cup and/or place in the flowerpot.

Let them make cake

Kids will have fun making these small cakes from scratch with you. The recipes are small for easy handling and it's a good way to get your child to eat fruit.



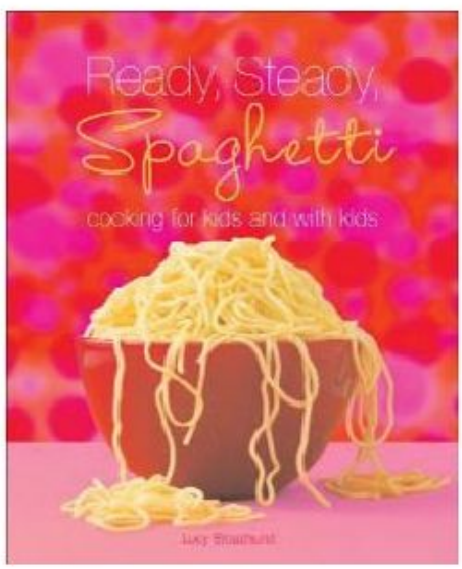
Recipes by Lucy Broadhurst
Photography by Michele Aboud
Food Styling by Sarah DeNardi

Upside-Down Banana Cake

Reprinted from **Ready, Steady, Spaghetti: Cooking for Kids and with Kids** by Lucy Broadhurst. Published by Andrews McMeel Publishing, LLC. All rights reserved.

½ cup unsalted butter
¾ cup granulated sugar
1 egg
2 cups all-purpose flour
2 teaspoons baking powder
¾ cup whole milk
1 large banana, mashed
1/3 cup unsalted butter, melted
½ cup light brown sugar
1 cup canned crushed pineapple, drained
Whipped cream, to serve

Serves 6



1. Preheat the oven to 350 degrees F. Grease six small springform cake pans or an 8-inch springform cake pan.
2. Beat the butter, sugar, and egg until smooth.
3. Sift in the flour and baking powder. Mix well, then add the milk and mashed banana.
4. Spread the melted butter in the base of each tin, then sprinkle evenly with the brown sugar.
5. Spread the crushed pineapple over the sugar. Pour the batter evenly over the top.
6. Bake for 40 to 45 minutes.
Unmold onto a plate.
Serve warm with cream.

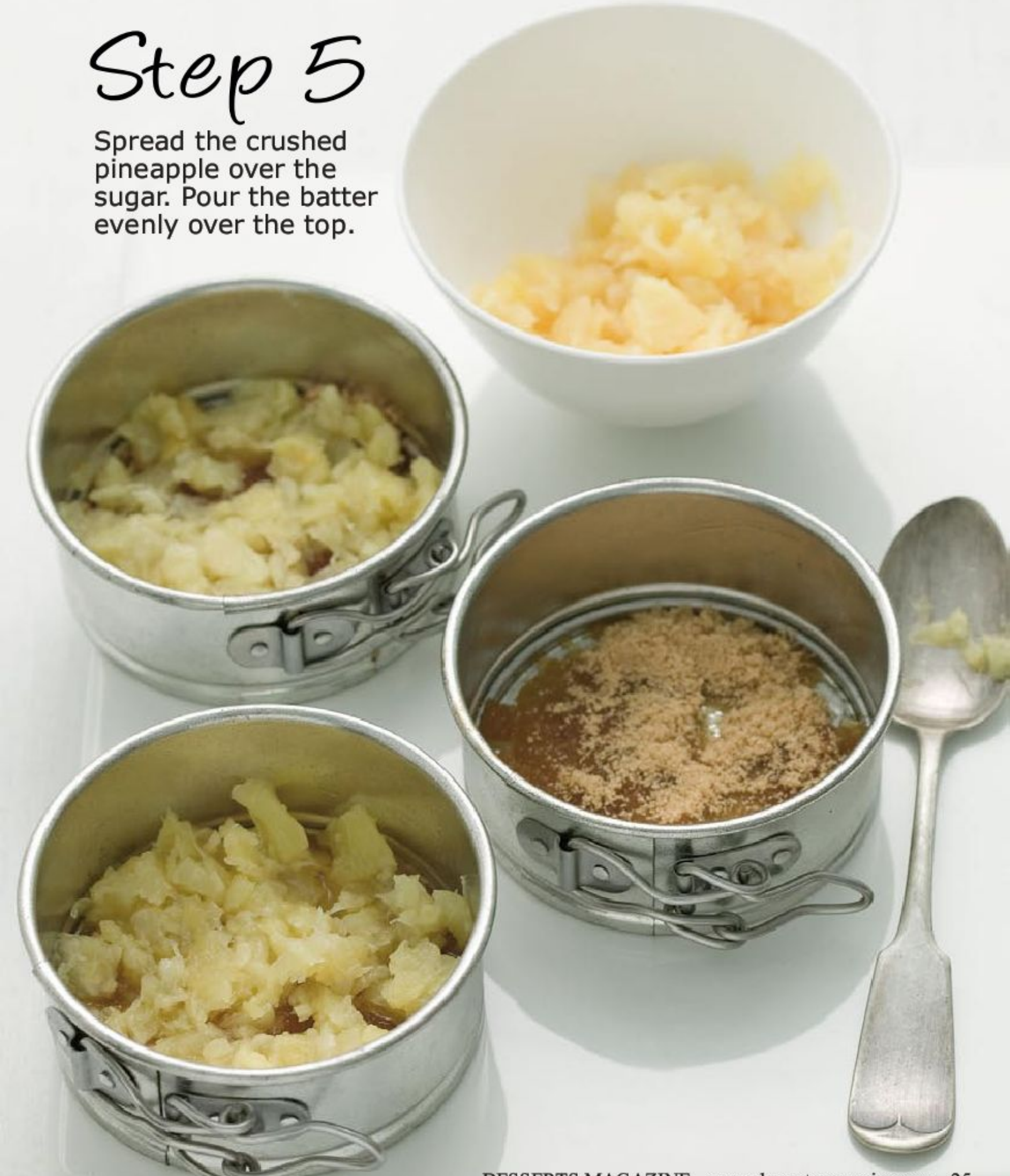


Step 4

Spread the melted butter in the base of each tin, then sprinkle evenly with the brown sugar.

Step 5

Spread the crushed pineapple over the sugar. Pour the batter evenly over the top.



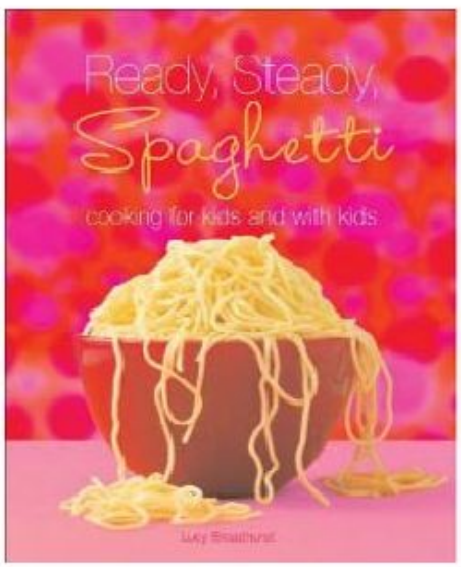


Jam Upside-Down Cake

Reprinted from **Ready, Steady, Spaghetti: Cooking for Kids and with Kids** by Lucy Broadhurst. Published by Andrews McMeel Publishing, LLC. All rights reserved.

½ cup strawberry jam
4 Tablespoons unsalted butter
½ cup superfine sugar
1 egg
1-¾ cups all-purpose flour
1 teaspoon baking powder
½ cup whole milk

Serves 6



1. Grease six individual ovenproof custard cups or a 4-cup ovenproof bowl with butter. Spread the jam in the bottom.
2. Beat the butter, sugar, and egg until smooth and creamy. Sift in the flour and baking powder. Add the milk and mix well. Spread the batter carefully on top of the jam in the ovenproof bowls.
3. Make a foil lid for each bowl. Press around the edges to seal tight. Make string handles for the bowls.
4. Put the bowls into a large saucepan. Pour enough hot water into the pan to come a third of the way up the bowls. Put the lid on the pan and place over low heat. Simmer for 1 hour. Keep refilling with water.
5. Run a knife around the edge of each cake. Unmold onto a serving plate, then serve.

Step 2

Grease six individual ovenproof custard cups with butter. Spread the jam in the bottom.





Step 3

Make a foil lid for each bowl. Press around the edges to seal tight. Make string handles for the bowls.

Sticky Date Cakes

Reprinted from **Ready, Steady, Spaghetti: Cooking for Kids and with Kids** by Lucy Broadhurst. Published by Andrews McMeel Publishing, LLC. All rights reserved.

CAKE
½ cup shredded dried coconut
½ cup light brown sugar
¾ cup self-rising flour
¼ cup all-purpose flour
½ tsp. baking soda
2/3 cup unsalted butter
¼ cup light corn syrup or honey
1 cup chopped dates
3 Tablespoons orange juice
2 eggs, lightly beaten

SAUCE
1/3 cup unsalted butter
¼ cup light brown sugar
1 cup whipping cream
1 Tablespoon light corn syrup or honey

Serves 6

1. Preheat the oven to 350 degrees F. Brush six small ovenproof bowls with melted butter or oil.

2. Combine 2 tablespoons each of the coconut and brown sugar and sprinkle into the bowls.

3. Sift the flours and soda into a mixing bowl. Add the remaining coconut and make a well in the center.

4. Combine the remaining sugar, butter, corn syrup, dates, and orange juice in a saucepan. Stir over medium heat until the butter melts.

5. Using a metal spoon, fold the date mixture into the dry ingredients. Add the eggs and stir until smooth.

6. Pour the batter into the bowls and bake for 35 minutes. Leave the cakes in the bowls for 5 minutes before unmolding.

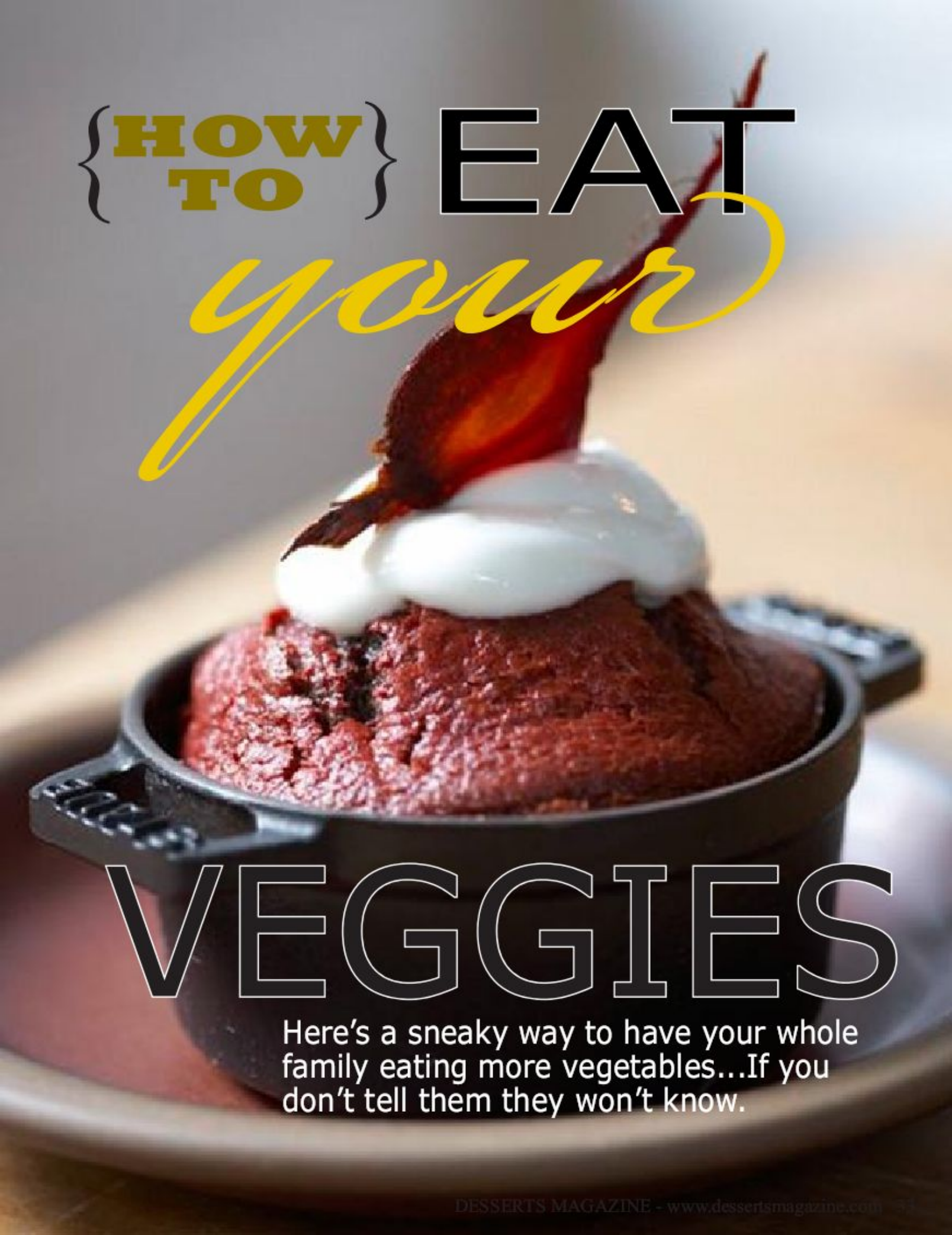
7. To make the sauce, combine all the ingredients in a saucepan. Stir over low heat until the sugar and butter have dissolved. Stir for a further 2 minutes then serve over the hot cakes.



Step 2

Combine 2 tablespoons each of the coconut and brown sugar and sprinkle into the bowls.





{HOW TO} EAT your VEGGIES

Here's a sneaky way to have your whole family eating more vegetables...If you don't tell them they won't know.

Beet CAKE WITH SWEET GREEK YOGURT

Makes 4 servings

recipe and photograph by Tyler Florence

2 Tablespoons unsalted butter, to grease baking pans
1-1/4 cups finely chopped red beets
1-1/4 cups all purpose flour
1/2 teaspoon baking powder
1/2 teaspoon baking soda
1/4 teaspoon ground allspice
1/4 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
A pinch of kosher salt
2 Tablespoons pomegranate molasses
2 large eggs
1/2 cup buttermilk
3/4 cups dark brown sugar
1/3 cup vegetable oil

1 Preheat oven to 350°F. Begin by lightly greasing 4 individual baking dishes with butter (oven proof ramekins or cocotte dishes work well). Peel beets and cut into pieces so they can fit comfortably in a food processor.

2 In a large mixing bowl, combine flour, baking powder, baking soda, salt and spices. In a separate bowl, mix molasses, eggs, buttermilk, oil and sugar together. Now mix wet ingredients with dry ingredients and then fold in the processed beets.

3 Set ramekins out on a roasting tray. Divide batter amongst ramekins and bake in the oven for 20-25 minutes until they have puffed up and a cake tester inserted in the center comes out clean.

SWEET GREEK YOGURT
2 cups unsweetend Greek yogurt
1/4 cup honey
1 teaspoon vanilla extract
1 smaller beet, used for garnish
(see recipe below and make ahead of time)

Combine yogurt, honey, and vanilla in a mixing bowl. Swirl with a wooden spoon so they are just combined and serve with warm beet cake.

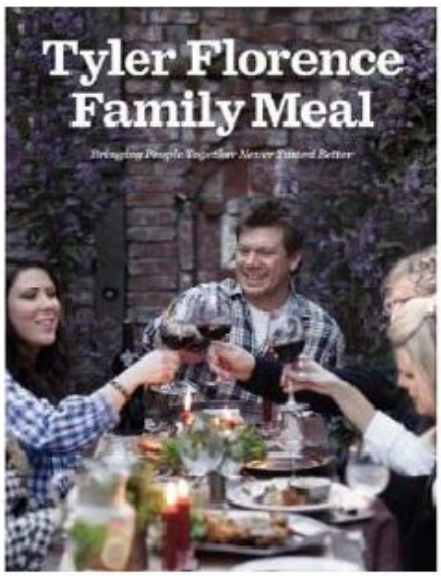
To make the beet garnish (plan on doing this ahead of time as it takes up to 3 hours to cook), shave the beet into thin slices using a mandolin or sharp knife. Line a roasting dish with parchment and set the beets out in a single layer on the tray. Cover with another sheet of parchment, carefully pressing out any air bubbles. Top with another tray to add weight and bake on a low temperature to dehydrate the beet slices without over cooking them. Bake at 150°F for 2-3 hours. Use as a garnish on top of the beet cakes.

TYLER FLORENCE is the author of five best-selling cookbooks and the host of the Food Network show Tyler's Ultimate. His first restaurant is scheduled to open in San Francisco this year. www.tylerflorence.com

beet /bit/
–noun



1. Deep purple-red color, but a few varieties are pale orange, gold or white.
2. Choose beets that are smooth and round with deep color, no bruises, soft spots or moist spots.
3. Beets sold loose with the tops cut off should be firm and heavy for their size with no wrinkles or sprouts. The leaves can be served as a salad or cooked.
4. If purchased with the leaves on, the leaves should look fresh with deep color. Cut the leaves off about an inch above the beet, then refrigerate the beets and greens separately in plastic bags. The greens will keep up to one week and the beets will keep for two to three weeks.
5. Beet roots are a source of fiber, folate, potassium, iron, magnesium, manganese and vitamin C. Beet greens are a source of protein, folate, fiber, vitamins A, C, E and K, thiamin, riboflavin, vitamin B6, potassium, manganese and other nutrients.



Tyler Florence Family Meal: Bringing People Together Never Tasted Better

In his latest book, Tyler recounts the journey that brought him from the home cooking he grew up loving to the "haute-homey" restaurant cuisine that first won him culinary acclaim, to the pleasures of the world's great cuisine as showcased on his Food Network shows, and ultimately back to his roots as he prepares to open a restaurant while raising a family of young children. He speaks with his signature casual charm about how they can improve their cooking and eating habits to bring about real changes in their health and in their attitude toward food. www.amazon.com

Carrot
CAKE WITH CHOCOLATE ICING

This is the Brazilian way of making carrot cake... easy and simple, just place everything in the blender... and you'll have a quick flavorful bright yellow-orange delicious cake, perfect for an after-school snack. You can omit the chocolate icing and dust it with powedered sugar when ready to serve.

2 cups all-purpose flour (spooned and leveled)
2-1/2 teaspoons baking powder
1/4 teaspoon ground cinnamon
1/4 teaspoons salt
1 cup vegetable oil
2-1/2 teaspoons pure vanilla extract
4 large eggs, at room temperature
1-1/2 cup fine granulated white sugar
3 to 4 small peeled, ends trimmed carrots (5 oz.), and cut in small pieces

1 Heat oven to 350°F. Grease a 8- x 8-inch square pan and line the bottom with baking parchment paper, letting the paper hang over two sides of the pan. In a large bowl, sift the flour, baking powder, ground cinnamon (if using), and salt, set aside.

2 In a blender, add oil, vanilla, eggs, sugar, carrots, and blend until smooth. Pour the carrot mixture in the flour mixture and gently mix until combined with a rubber spatula.

3 Pour the batter in the prepared pan. Bake for about 40 to 45 minutes, or until a toothpick inserted into the center comes out clean. Remove from the oven and let cool in the pan before removing. Pour the chocolate sauce over the cake and spread evenly with an small offset spatula. Let it set for 30 minutes. To unmold, carefully lift the paper from the pan and place on the cutting board. Cut into squares.

CHOCOLATE ICING

4 ounces semisweet chocolate, finely chopped
1/2 cup heavy cream

In a saucepan, heat the cream until there are tiny bubbles on the sides of the pan. Add the chocolate and whisk until smooth. Let cool until thick yet pourable, about 2 to 3 minutes.

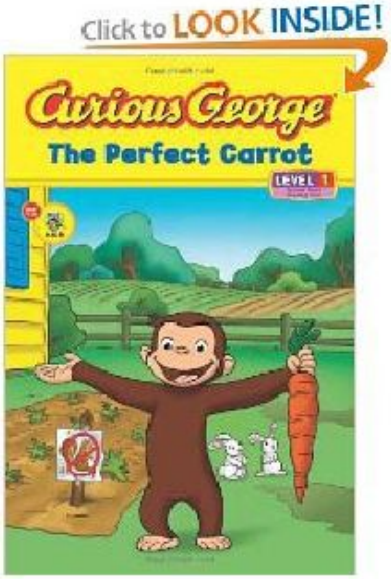


photography by Vera Shepherd

carrot /ˈkærət/
–noun



1. Choose carrots that are bright, firm and smooth skinned. Avoid carrots that feel rubbery or have cracks or small rootlets.
2. Store them in plastic bags, or cut carrots can also be stored immersed in water in a plastic container (some experts recommend changing the water every few days).
3. Do not store them near apples, bananas or melons as the ethylene gas those fruits produce will increase the bitter tasting compounds in the carrots called isocoumarins.
4. Carrots should be thoroughly washed and scrubbed. It is not necessary to peel them
5. Carrots are loaded with vitamin A. Look for red or purple colored varieties, which are packed with anthocyanins.



Curious George The Perfect Carrot George's food-growing adventure has an environmentally friendly theme and includes fun facts about locally grown foods and a delicious recipe for carrot muffins. With the help of the man with the yellow hat, Curious George plants and grows carrots in a little garden plot of his own. When his carrots are finally ready to be pulled from the ground, George decides that his prize carrot is too perfect to eat. But when George stumbles upon his friend Bill's pet bunnies lost and hungry, he doesn't hesitate to share his carrot to help save the day. Reading level: Ages 4-8. www.amazon.com

Zucchini
BREAD WITH CINNAMON-SUGAR TOPPING

When you have a surplus of zucchini make this wonderful not too sweet, moist yet NOT soggy flavorful bread with a hint of citrus. The limited amount of spices in the batter allows the delicate zucchini flavor to come through. Wring the shredded zucchini in a clean dishtowel to remove some of its moisture before measuring. If desired, add 1 cup chopped bittersweet chocolate.

2 cups tightly packed coarsely grated zucchini
3 cups all-purpose flour (spooned and leveled)
3 teaspoons baking powder
1-1/2 teaspoons baking soda
3/4 teaspoon salt
1-1/4 cups fine granulated white sugar
3 large eggs, at room temperature
3/4 cup plain yogurt (whole or low-fat)
1/4 cup vegetable oil
2 teaspoons pure vanilla extract
1 Tablespoon finely grated orange zest

CINNAMON TOPPING
3 Tablespoons fine granulated white sugar
2-1/2 teaspoons ground cinnamon

1 Place oven rack to middle position. Heat oven to 350°F. Grease and flour one 9 inch metal loaf pan or three mini (4-¾" x 2-¾" x 1-¾") loaf pans.

2 In a medium bowl, sift together flour, baking powder, baking soda, and salt, set aside.

3 In a large bowl, whisk eggs sugar, and oil until well combined. Add yogurt, vanilla, orange zest and zucchini mix until well combined. Add the zucchini mixture to the flour mixture, and mix until just combined. Do not overmix. Spoon the batter into prepared pan and smooth the surface. Firmly tap on the counter to remove any air bubbles.

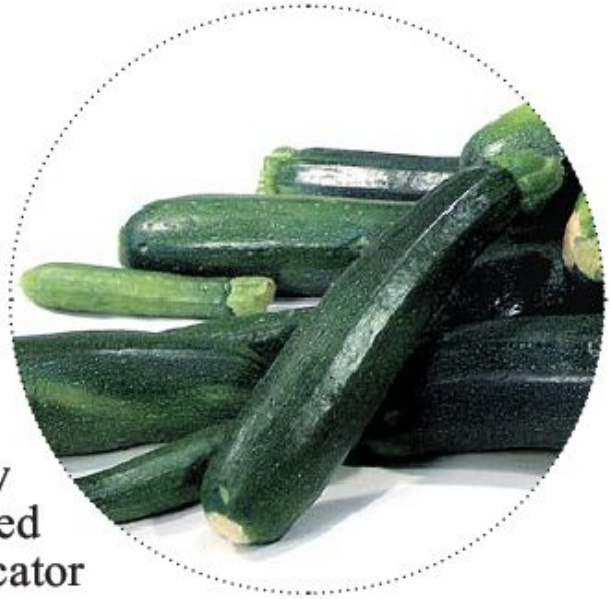
4 In a small bowl, add remaining sugar, cinnamon and mix until combined. Generously sprinkle cinnamon mixture evenly on top of the batter.

5 Bake for 60 to 70 minutes (30 to 40 minutes for mini loaf) or until a cake tester or wooden skewer comes out clean. Cool 10 minutes in pan. Remove loaf from pan and cool completely on wire rack.

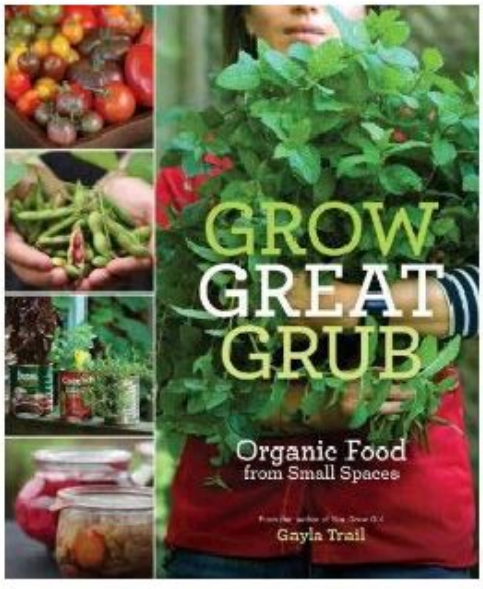


photography by Vera Shepherd

zucchini /zu'kini/
–noun



1. Zucchini are similar to a cucumber in shape small ones are more tender than large ones.
2. Choose zucchini that are heavy for their size with glossy, unblemished skins. Soft, thin skins are also an indicator of freshness and quality.
3. Do not wash until you are ready to prepare them since moisture promotes decay.
4. Peeling is not necessary.
5. Large, over-mature zucchini may be used in cakes or other baked goods to add moisture to the recipe.
6. Zucchini are a source of fiber, iron, manganese, magnesium, potassium, phosphorous, riboflavin, niacin, zinc, and vitamins A, B6 and C.



Grow Great Grub: Organic Food from Small Spaces

Your patio, balcony, rooftop, front stoop, boulevard, windowsill, planter box, or fire escape is a potential fresh food garden waiting to happen. In Grow Great Grub, Gayla Trail — a Toronto resident who has grown a garden on her rooftop for more than 10 years — shows how to grow your own delicious, affordable, organic edibles virtually anywhere. Whether you're looking to eat on a budget or simply experience the pleasure of picking tonight meal outside your door, this is the must-have book for small-space gardeners—no backyard required. www.amazon.com

Get this...

Green Toys Sand Play Set Kids will 'dig' building castles and hunting for buried treasure with the environmentally friendly Sand Play Set from Green ToysTM. Made of recycled plastic, this classic 4-piece collection of tools consists of a bucket, sand castle mold, shovel and rake. Safe and no phthalates or BPA. Made in the U.S.A. For ages 3 and up.





Green Toys Indoor Gardening Kit Young green thumbs can watch nature at work by growing an indoor garden in just days with the environmentally friendly indoor gardening kit from green toys. Made of recycled plastic, this kit comes with a peapod-shaped planter, three planting pots, a trowel, and three packages of organic seeds of sunflower, basil, and zinnia and soil disks. Safe and no phthalates or BPA. Made in the U.S.A. For 5 years and above

Paula Deen 19-Piece Kids Baking Set This is the perfect starter set with real tools sized for little hands. All items are top-rack dishwasher safe except for the rolling pin, which should be hand washed and dried immediately. The set is recommended for ages 6 and up to be used under adult supervision.





FUN DESSERTS

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CAULDRON BUBBLES

Reprinted from the book **Kids' Cakes from the Whimsical Bakehouse** by Kaye Hansen and Liv Hansen. Copyright © 2010 by Kaye Hansen and Liv Hansen. Published by Clarkson Potter, a division of Random House, Inc.

"Double, double toil and trouble; fire burn and cauldron bubble." More fun than toil, our chocolate cauldron is magical to make. These chocolate shells filled with chocolate pudding will delight every witch and warlock who makes an appearance on Halloween.
2 cauldrons serve approximately 10 people

FILLING: 1 recipe Chocolate Pudding (p. 47) and 2 cups Whipped Cream (p. 48)

DECORATION: 6 cups dark wafer chocolate and ½ cup white wafer chocolate to make cauldrons and flames, 2 balloons (small helium-grade balloons work best), mini pretzel sticks, 1 jar confetti sprinkles

COLORS: red, orange, and yellow candy colors

TIPS: #20, 21, or 22, or any larger open star tip

MISCELLANEOUS: pastry bag, coupler; pastry cones; cauldron handle template; half-sheet pan; parchment paper; tall, narrow plastic or glass container or measuring cup for dipping the balloons (5 to 6 inches in diameter and height); two 6-inch (or larger) bases



NOTE: You will need a lot of chocolate for this recipe, and there will be chocolate left over. Just remember to store the leftover chocolate in a cool, dry place.

1 Prepare the chocolate pudding and let it cool completely in the refrigerator.

2 Blow up 2 balloons so they are each 3 to 4 inches in diameter. Tie the balloons closed. Line a half-sheet pan with parchment paper.

3 Melt the dark wafer and white wafer chocolates separately. Pour the dark chocolate into a tall, narrow container. The container should be wide enough to accommodate the balloon but narrow enough so that the chocolate is at least 3 inches deep.



4 Holding a balloon securely by the tied end, submerge it halfway to three-quarters of the way into the melted dark chocolate; you will have to apply even pressure to dip the balloon. Then pull the balloon straight up and place it on the sheet pan to set. Hold it in place until it balances. A small chocolate base should form as the chocolate settles. Repeat with the remaining balloon. When the chocolate has hardened, redip each balloon in the melted chocolate (re-melt the chocolate if needed). This will thicken and reinforce the sides. Again, pull the balloon straight up out of the chocolate, allowing some of the chocolate to drip off before setting it back on the sheet pan to set.

5 Dip 2 pretzel sticks halfway into the chocolate. Transfer them to parchment paper and let the chocolate set. When the chocolate has hardened, dip the opposite side. Set aside on the parchment paper to harden completely.

6 Tint the white chocolate: approximately 2 tablespoons each of red, orange, and yellow. Pour the colored chocolates and 2 tablespoons of the dark chocolate into separate pastry cones.

7 Pipe out the dark chocolate cauldron handles as described in the Silhouette and Overpiping Chocolate Method.

8 Once the second layer of chocolate on the balloon has set, place the tray in the freezer for 1 to 2 minutes (just a flash-freeze). Remove the tray from the freezer and pop each balloon with a sharp knife. Carefully remove the balloon from the cauldron. The helium balloons tend to peel away easily, but if you experience any difficulty, a quick blast from a crème brûlée torch will help remove the balloon skin.

9 Adhere each cauldron to its base with a drop of chocolate.

10 Fill each cauldron with 2 to 2½ cups chocolate pudding. Prepare the whipped cream. Place the whipped cream in a pastry bag with a coupler and, with a star tip, fill in the rest of the cauldron (½ cup to 1 cup per cauldron). Sprinkle the top of the cauldron with candy confetti. Stick one chocolate-covered pretzel halfway into each cauldron.

11 Adhere the handles to the sides of the cauldron with dots of melted chocolate, gently holding them in place until the chocolate has set.



12 Pipe red, orange, and yellow flames coming up the sides of the cauldron. Do not squeeze too hard; excess chocolate has a tendency to drip back down, pooling at the base of the cauldron. Spread and blend the chocolates randomly with a small offset spatula.

CHOCOLATE PUDDING

Our Chocolate Pudding makes a great dessert, whether it is simply scooped into a bowl, made into a chocolate cream pie, and top with Whipped Cream. However, it isn't the most stable cake filling. Folding, 3 cups of whipped cream into 2½ cups of chocolate pudding lightens the pudding consistency so that it can be used as a filling. Our Chocolate Pudding can be stored in the refrigerator in an airtight container for 3 or 4 days.

Yield: approximately 5 cups



In a medium bowl, whisk until smooth:

2 extra-large eggs
2 extra-large egg yolks

Sift together and whisk into the eggs:

2 Tablespoons cocoa powder
2 Tablespoons cornstarch
2 Tablespoons sugar

In a medium saucepan, bring to a boil:

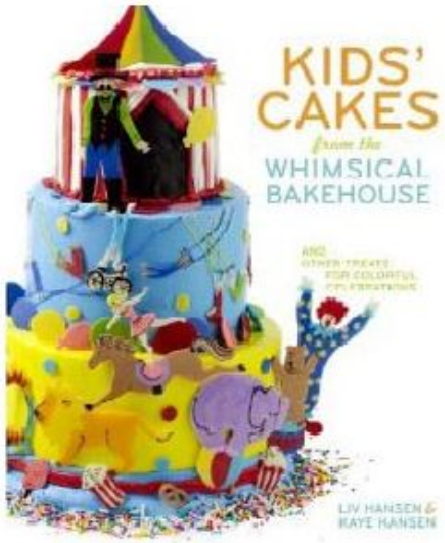
2 cups milk
1/2 cup heavy cream
1/3 cup sugar
A pinch of salt

Slowly whisk the hot milk mixture into the egg mixture. Return the mixture to the saucepan and cook over medium-low heat, whisking constantly, until it boils. Continue whisking and boil for 1 minute. Remove from the heat and pour into a heat-proof bowl containing:

4 Tablespoons (½ stick) unsalted butter, cut into pieces
8 ounces semisweet or bittersweet chocolate, coarsely chopped
1 teaspoon pure vanilla extract

Whisk the mixture until smooth and then, using a sieve, strain the pudding into a clean bowl. Cover the top of the pudding with plastic wrap to prevent a skin from forming on the surface. Let the pudding sit until it reaches room temperature and then refrigerate until completely cooled, a few hours or overnight.

Get this...



what: Kids' Cakes from the Whimsical Bakehouse: And Other Treats for Colorful Celebrations

who: Liv Hansen's eye for edible decorating comes from her training as a painter. Kaye Hansen, a self-taught baker, owns Riviera Bakehouse in Westchester County, New York.

why: You'll find "Plain and Simple" variations for busy days, and suggestions for involving little helping hands and boosting their confidence, too with "Kids Can" tasks. The recipes and designs (ranging from simple to advanced) build your skill set so that even novices can ultimately create every vibrantly decorated, delicious treat.

where: www.amazon.com

WHIPPED CREAM

The light, fluffy texture of whipped cream is the perfect counterpoint to our rich cakes, and if you don't plan on making a complex design, it is a delicious and simple topping, frosting, or filling. To make it sweeter, add an additional 2 tablespoons of sugar. We even like it without sugar — a nice contrast to the sweetness of our fresh fruit pie.

Keep in mind that, unlike buttercream, whipped cream breaks down if kept out, especially in the heat. For best results we recommend preparing the whipped cream right before serving or assembling your cakes. Chocolate appliqué designs do not adhere well to the sides of a cake decorated with whipped cream, so keep the design contained on the top of the cake.

Any leftovers can be stored in an airtight container in the refrigerator for up to 3 days. The whipped cream will break down as it sits in the refrigerator, so rewhip it in the bowl of an electric mixer for 1 minute or until it forms soft to medium peaks (for icing) or stiff peaks (for fillings). **Makes approximately 3 cups**

Kids Can

Bring the kids into the kitchen to help with this magical creation. They can do almost all of the decorating, starting with blowing up and dipping the balloons. When the cauldrons are ready, the kids can fill them with the chocolate pudding and whipped cream, then sprinkle confetti on top. They can even pipe the chocolate fire at the base.

In the bowl of an electric mixer at high speed, whip until stiff:

2 cups heavy cream
4 Tablespoons confectioners' sugar, sifted
½ teaspoon pure vanilla extract

RASPBERRY MOUSSE
Gently fold ¼ cup raspberry puree into 1 recipe Whipped Cream (above). To use fresh raspberries, puree 1 quart berries with 1 tablespoon confectioners' sugar. Strain and use as above. A fine seedless raspberry jam can be substituted.

WHIPPED CREAM MOUSSES
Most of the fillings we use at the bakery are whipped-cream based — simple and delicious. The whipped cream we use for our "mousse" filling is whipped to very stiff peaks. We don't let the cream turn into butter, but we whip it until it is no longer smooth, has an air-bubbly consistency, and sticks to an inverted spoon or the whip without oozing. To maintain the stiff peaks, gently fold in the added flavor (raspberry puree, Oreos, caramel, etc.); do not overmix as this may deflate the mousse. Fill the cake right away; do not let the mousse sit for long or it may collapse or further aerate, reverting to a near liquid state when you spread it with a spatula.

If you "ring" the cake with buttercream, even if the mousse is slightly soft (but not at all runny), the buttercream will hold the mousse in place. Just handle the cake with care and do not jostle it unnecessarily.

Any cake sealed with buttercream and filled with one of our mousses or custards will last for at least 1 week in the refrigerator. Cakes filled with fresh fruit will stay fresh for 1 or 2 days. However, my mom, Kaye, will eat a cake (filled with mousse) that is 2 weeks old and claim it is still good — even delicious. — Liv

COOKIES AND CREAM MOUSSE
Gently fold 20 Oreos (or cookies of your choice), crushed into medium pieces, into 1 recipe Whipped Cream. Do not overcrush Oreos. If the crumbs are too fine, the whipped cream may look gray, rather than white with chocolate chunks.

CREAMSICLE MOUSSE
Gently fold ¼ cup frozen orange juice concentrate into 1 recipe Whipped Cream.

SAND CAKE

recipe by Vera Shepherd

This Sand Cake puts a fun spin on the variation of Dirt Cake. We filled a beach pail with alternate layers of creamy smooth butterscoth pudding, pieces of buttery cake, crunchy toffee bits and topped with finely crushed cookie 'sand'. This beach-themed treat can be served in a mini beach bucket or pail for individual serving; and, decorated with chocolate seashells and served with a shovel. It will sure please kids and adults alike. You can substitute butterscoth pudding for vanilla pudding. Feel free to use store-bought pudding mix. Makes 10 to 12 servings

1 cup store-bought or homemade plain or pecan shortbread cookies crumbs
One store-bought vanilla pound cake, or homemade (recipe on page 52)
4 Tablespoons (2 oz.) unsalted butter
3/4 cup packed dark or light brown sugar
1/2 teaspoon coarse sea salt
3 Tablespoons cornstarch
2-1/2 cups milk (whole or 2%)
2 large eggs, lightly beaten
2 teaspoons pure vanilla extract
1 cup heavy cream, well chilled
1/3 cup chocolate-covered toffee bits

1 To make the crumbs, finely crush the cookies in a food processor until resemble sand. Cut half of the pound cake into 1-inch cubes; set aside.

2 To make the pudding, in a pan, add butter, sugar, salt, and heat over medium heat. Stir until the sugar is melted, remove from heat. In a bowl, add cornstarch, 1/3 cup milk and whisk until smooth. Whisk in the yolks. Slowly pour the milk, whisk until well combined.

3 Slowly pour milk mixture into the melted sugar, whisking constantly. Return the pan to the heat whisking constantly until all the sugar is dissolved and bring it to a boil. Reduce the heat to



low simmer and continue to cook for one minute, whisking constantly. Remove from heat and whisk in the vanilla. Pour through a sieve into a clean bowl. Refrigerate, stirring occasionally, until chilled and thicken. Press a plastic wrap directly onto the surface, refrigerate until ready to use.

4 When ready to assemble, in a medium bowl, whip cream with an electric mixer or by hand with a whisk until soft peaks form. Fold in the chilled pudding.

5 To assemble, place half of cookie crumbs into a qt. bucket or pail; top with one-third of pudding mixture, a layer of cake and half of crushed toffee; continue layering pudding, cake and toffee, ending with a layer of pudding. Top with remaining cookie crumbs. Cover and chill for at least 30 minutes. Decorate with chocolate seashells and use a shovel to serve, if desired.

Pound Cake
2 sticks (8 oz.) unsalted butter, softened
2 cups all-purpose flour (spooned and leveled)
1 cup fine granulated white sugar
4 large eggs, at room temperature
3 teaspoons pure vanilla extract
1/2 teaspoon salt

1 Preheat oven to 350°F. Butter and flour an 8-1/2 x 4-1/2 inch loaf pan or butter and line the bottom with a strip of parchment paper that extends 2 inches past the longest ends of the pan; set aside.

2 In a bowl, beat butter and sugar using an electric mixer fitted with the paddel attachment on medium speed, until light and fluffy. Add eggs one at a time, beating well and scrape the bowl after each addition. Add vanilla and salt. Sift the flour over the batter and mix it in with a rubber spatula until smooth. Do not overmix. Scrape the batter into the prepared pan and smooth the surface. Tap firmly on the counter to remove any large air pockets.

3 Bake until it is cracked down the center, golden on top, and a wooden skewer or cake tester inserted into the center comes out clean, about 60 to 70 minutes. Let cool in pan 15 minutes on a wire rack. Invert onto a wire rack, and turn upright to cool completely.



Editor's Notes: This moist buttery cake is simple and quick to make. It is important that all ingredients are at room temperature and to cream the butter and sugar well. You can flavor the batter with spices, nuts or citrus zests of your choice, This cake will keep at room temperature, covered, for up to 3 days; and, frozen for up to one month.

MY FAVORITE GINGERSNAPS

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These delicious, slightly chewy gingersnaps are great fun to make, as children love rolling out dough and cutting it into shapes using cookie cutters. Makes about 20 cookies

5 Tablespoons unsalted butter, softenend
1/3 cup packed light brown sugar
1/4 cup golden syrup, such as Lyle's, or light corn syrup
1-1/4 cups all-purpose flour, sifted
1 teaspoon ground ginger
1/2 teaspoon baking soda
A tube of white icing

1 Preheat the oven to 350°F.

2 Beat the butter and sugar with an electric mixer until pale. Add the golden syrup, flour, ginger, and baking soda and beat together until you form a dough. Wrap in platic wrap and chill for at least 30 minutes.

3 Roll out on a floured work surface to a thickness of about 1/4 inch. Start in the center of the dough and roll evenly outward. Cut into shapes using cookie cutters, working from the outside edges of the dough into the center, cutting as close together as possible. Re-roll the trimmings until all the dough is used up.

4 Place on baking sheets lined with baking parchment paper and bake for about 8 minutes. Allow to cool for a few minutes, then transfer to wire racks to cool completely.

5 Decorate using the tube of white icing.



LOLLIPOP CAKES

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Serves 4

¼ cup Bean Appétit Flour Blend (recipe follows)
1 teaspoon cocoa powder
2 Tablespoons packed light brown sugar
1/4 teaspoon baking powder
1 Tablespoon olive oil
1 teaspoon balsamic vinegar
2 Tablespoons water
2 teaspoons milk
1 Tablespoon chocolate chips
3 to 4 Tablespoons milk
4 lollipop sticks
1/2 cup chocolate semisweet chips, melted
Cake sprinkles

1 Preheat the oven to 350°F. Combine the flour blend, cocoa powder, brown sugar, and baking powder in a mixing bowl. Then add the olive oil, vinegar, water, and milk and stir until combined. Fold in the chocolate chips.

2 Spray a mini muffin pan and pour in the cake batter. Bake for 10 to 12 minutes, until a toothpick inserted in the center of a cake comes out clean.

3 Don't dismay! This step is a little strange. When your cake is cooled, mash it up into pieces in a bowl. Add the milk until the cake becomes sticky.

4 Form 1-inch-diameter balls using the sticky cake. Carefully slide a lollipop stick in each ball. Place in the freezer for 20 minutes, or until the cake hardens.

5 Dip each cake ball in the melted chocolate and decorate it with sprinkles. Set the cake balls on parchment paper and let them cool for 10 minutes, or until the chocolate is hard.

BEAN APPÉTIT FLOUR BLEND

Combine the following ingredients and store in an airtight container:

3 cups whole wheat flour
3 cups unbleached all-purpose flour
2-1/4 cups wheat germ
1/2 cup flax meal



photography by
Amy Lynn Schereck

DELICIOUS DOMINOES!

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Serves 4

1 cup Bean Appétit Flour Blend (recipe page 54)
¼ cup cocoa powder
½ cup plus 2 Tablespoons packed light brown sugar
½ teaspoon baking soda
Pinch of ground cinnamon
3 Tablespoons butter, softened
1 Tablespoon honey
2 Tablespoons water
1 teaspoon vanilla extract
¼ cup lowfat cream cheese
Bag of white chocolate chips
Piping bag

1 Before making the dough, have your family line up in a line. Pretend to fall like a stack of dominoes. Now you're ready to cook!

2 Preheat the oven to 350°F and lightly spray a baking sheet with nonstick spray.

3 Count by ones as you combine the flour blend, cocoa powder, brown sugar, baking soda, and cinnamon in a bowl. Add the butter and stir until combined. Add the honey, water, and vanilla and mix until the dough is sticky. Press the dough flat on a parchment-lined baking tray. Chill in the freezer for 5 minutes.

4 Count by twos as you roll out the dough to ¼ inch thick. Use a butter knife to make 1 by 2-inch rectangles.

5 Place the rectangles on the prepared baking sheet and bake for 12 to 15 minutes, or until golden brown. Remove the cookies from the oven and let them cool for 5 minutes.

6 While the cookies are cooling, place the cream cheese in a piping bag. Once your cookies have cooled, use the piping bag of cream cheese to draw a horizontal

photography by Amy Lynn Schereck



line through the halfway point of your domino. Dab a little bit of cream cheese on the bottom of the white chocolate chips. Then add the white chocolate chips on both sides of the line to form the white dots on the dominoes, alternating numbers 1 to 6.

7 Kick off your family dessert with a game of Delicious Dominoes. The winner gets to devour the dominoes first!

TRICKY TACO SHELLS

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Makes 3 cookies

1/4 cup packed light brown sugar
1/3 cup whole wheat flour
Pinch of ground cinnamon
1/4 teaspoon vanilla extract
1 large egg
1-1/2 teaspoons unsalted butter, softened
Aluminum foil

1 Preheat the oven to 375°F.

2 Shake your hips and get ready to mix! Stir the brown sugar, flour, and cinnamon in a bowl. Then whisk in the vanilla and egg. Mix lightly until smooth, then fold in the butter. Let chill for 5 minutes in the freezer.

3 Ladle the cookie dough into 3 circle shapes about 3 inches apart on a baking sheet lined with parchment paper. Bake for 5 to 6 minutes, until golden brown.

4 While the cookies are baking, scrunch some aluminum foil into a log shape, about 12 inches long and 1 inch thick.

5 After the cookies have cooled for 1 minute, you must move fast! Have an adult help you drape a warm cookie over the foil log. Repeat with the remaining cookies. Once the cookies are cool, remove the foil carefully. You've just magically transformed the cookies into taco shells!



photography by Amy Lynn Schereck

SWEET "MEAT" FILLING

1/4 cup Bean Appétit Flour Blend (recipe page 54)
1 teaspoon cocoa powder
2 Tablespoons packed light brown sugar
1/4 teaspoon baking powder
1 Tablespoon olive oil
1 teaspoon balsamic vinegar
2 Tablespoons water
2 teaspoons milk
1 Tablespoon chocolate chips

1. Preheat the oven to 350°F.
2. Wink to each other, as if to let them in on the secret that you're about to trick someone. Combine the flour blend, cocoa powder, brown sugar, and baking powder in a mixing bowl. Then add the olive oil, vinegar, water, and milk and stir until combined. Fold in the chocolate chips.
3. Spray a mini muffin pan and pour in the cake batter. Bake for 10 to 12 minutes, until a toothpick inserted in the center of a cake comes out clean.
4. Even though you'll want to devour the cakes right away, let them cool enough so that you can break them up into small chunks to look like ground beef.
5. Place the "meat" in the taco shells. Ask the person to your right, "Where's the beef?"

TACO TOPPINGS

1 piece green fruit leather
1 slice peach
1 strawberry

Rip the fruit leather into small strips and top your taco with "lettuce." Use a butter knife to cut the peach slice and strawberry into small pieces. Top your taco with your "cheese" and "tomato." Before tasting your tacos, shout whatever month it is (even if it's not April), then the word "Fools"—such as "February Fools!"

DID YOU KNOW...?

FLAXSEED MEAL is one of the **BEST** plant-based sources of **alpha-linolenic acid**, which converts in the body to the same heart-protective **omega-3 fatty acids**. It also contains both **soluble** and **insoluble fiber**, which promote intestinal health. In addition, **FLAXSEED MEAL** is one of the **RICHEST** dietary sources of **lignans**, **phytoestrogens** thought to protect against breast, prostate, and colon cancer. **STORE** ground flaxseed meal in the refrigerator in an airtight, opaque container, for up to 30 days. Discard flax meal if it smells like oil paint. **WHOLE FLAXSEED** offer **FEWER** benefits than flax meal. **FLAX OIL LACKS** the protective lignans found in the ground seeds.

Table manners from other countries...



Wipe your mouth with your napkin after every sip you take in Brazil.

Slurp your noodles as loud as you can in Japan. It means they're so delicious that you want to eat them as fast as possible!





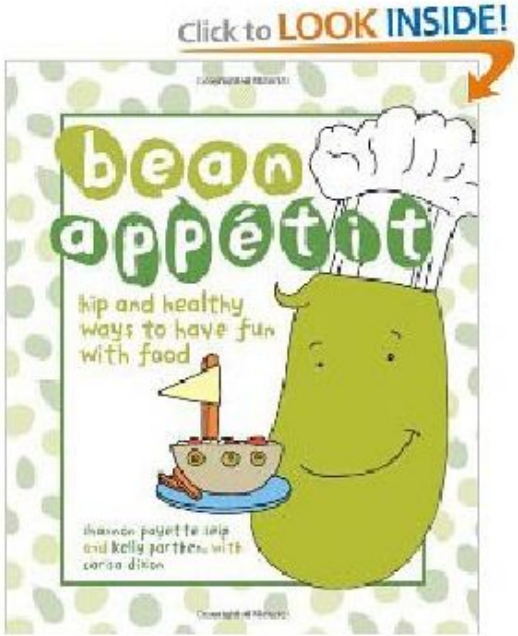
It's considered respectful in Ethiopia to scoop up food (with your injeria pancake) and gently feed it to your family member using your fingers.

In India, wait until the oldest person has started eating before you eat.



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Get this...



what: Bean Appetit: Hip and Healthy Ways to Have Fun with Food

who: Shannon Payette Seip and Kelly Parthen are co-counders of Bean Sprouts, a hip and healthy kids cafe and cooking school

why: Learn hip and healthy ways to have fun with food and kids.
Kids are encouraged to play and explore with their food, as well as enjoy food-themed games and activities that inspire lifelong healthy habits.

where: www.amazon.com

GLUTEN-FREE TREATS

As food intolerances become more common, I find that many people are looking for recipes that avoid wheat or are suitable for celiacs. While you can buy a good variety of gluten-free foods, many contain additives and preservatives, and more often than not they just don't taste very good. Wheat-free and gluten-free baking can be a pleasure once you have learned to use and feel at home with the ingredients.

text and recipes by Annabel Karmel



photography by Ebury Press
except where noted

THE PERFECT LEMON POLENTA CAKE

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It can be hard to find a truly delicious cake that doesn't contain any flour. Yes, you can buy gluten-free cakes, but sadly I find them disappointing. When it came to writing this chapter, there was one cake I just had to include, and so I rang Ruth Rogers and Rose Gray of the River Cafe to see if I could include their wonderful polenta cake- this recipe comes from the original River Cafe Cookbook. I am sure many children, regardless of whether they suffer a wheat allergy or not, will be very grateful. Serves 10

Gluten-free all-purpose flour, to dust
1 pound unsalted butter, softened
1 pound superfine sugar
1 pound almond flour
2 teaspoons vanilla extract
6 eggs
Grated zest of 4 lemons
Juice of 1 lemon
1-1/2 cups polenta
1 teaspoon gluten-free baking powder
1/2 teaspoon salt

1 Preheat the oven to 300°F. Butter and flour a 12-inch round cake pan.

2 Using an electric mixer, beat the butter and sugar together until pale and light. Stir in the almond flour and vanilla. Beat in the eggs, one at a time. Fold in the lemon zest and juice, polenta, baking powder, and salt.

3 Spoon into the prepared pan and bake for 45 to 50 minutes until set. The cake will be brown on top. Serve on its own or with ice cream.

GLUTEN-FREE BROWNIES

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These gooey, chewy brownies are so good that you will love them whether you have gluten allergy or not. You can replace half of the white chocolate with roughly chopped pecans. These are also excellent served as a dessert with vanilla ice cream. Makes 12 squares

7 ounces semisweet chocolate, cut into chunks
1-3/4 sticks butter, cut into 1/2-inch chunks
3 large eggs
1 cup packed light brown sugar
1 cup gluten-free all-purpose flour
3 Tablespoons unsweetened cocoa powder
2 teaspoons gluten-free baking powder
A large pinch of salt
6 ounces white chocolate, chopped into chunks
Confectioners' sugar, to dust (optional)



1 Preheat the oven to 300°F. Put the semisweet chocolate and butter in a heatproof bowl over a pan of simmering water and stir until melted. Alternatively, put the chocolate and butter in a suitable bowl, microwave for 1 minute, stir, then microwave in 10-second blasts until melted. Allow to cool slightly.

2 Using an electric mixer, whisk the eggs and light brown sugar together until just combined. Stir in the chocolate and then sift and fold in the flour, cocoa powder, baking powder, and a large pinch of salt. Fold in the white chocolate chunks.

3 Line an 11x7-inch cake pan with baking parchment paper, with the parchment coming up the sides of the pan. Pour the mixture into the pan and bake for 30 minutes or until a crust has formed on the top but there is some give underneath when pressed. Do not overbake. Remove from the oven and allow to cool thoroughly in the pan—don't worry, it will sink and crack a little.

4 Remove from the pan and cut into squares before serving. You can dust with confectioners' sugar if you wish.



photography by Vera Shepherd

Editor's Notes: We made many, many brownies. This recipe is our staff's favorite. Place the brownies in the refrigerator, preferably overnight, it will be easier to cut. Use the best cocoa and chocolates. For testing purpose we used **OrgraN Gluten-Free Plain All-Purpose Flour**, it is all natural and it does not give an off-taste or smell to the baked goods (www.amazon.com); and, **Bob's Red Mill Double Action Baking Powder,** it is all natural, contains no aluminum and it's gluten-free (www.amazon.com and www.bobsredmill.com).

GLUTEN-FREE VANILLA CUPCAKES

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It's just no fun if you go to a birthday party and can't eat any of the cake, so here's a recipe that doesn't contain gluten but produces deliciously light little cupcakes. Makes 8 cupcakes



1 stick unsalted butter, softened
1/2 cup superfine sugar
2 large eggs, at room temperature
1/2 cup gluten-free all-purpose flour
1/2 cup almond flour
1 teaspoon gluten-free baking powder
A pinch of salt
1 teaspoon vanilla extract

1 Preheat the oven to 350°F. Line a muffin pan with 8 paper cases.

2 Beat the butter and sugar until pale and fluffy. Add the remaining ingredients and mix to combine.

3 Spoon into the paper cases and bake for 20 to 25 minutes, untilrisen and firm to the touch. Allow to cool for 5 minutes in the pan, then transfer to a rack until completely cooled.

4 You can ice these with the chocolate buttercream or glace icing made from confectioner's sugar and a little warm water. Store in an airtight container for up to 5 days or freeze (un-iced).

CHOCOLATE BUTTERCREAM
2 ounces semisweet chocolate
1 stick unsalted butter, softened
1-1/4 cups confectioners' sugar
1 Tablespoon milk

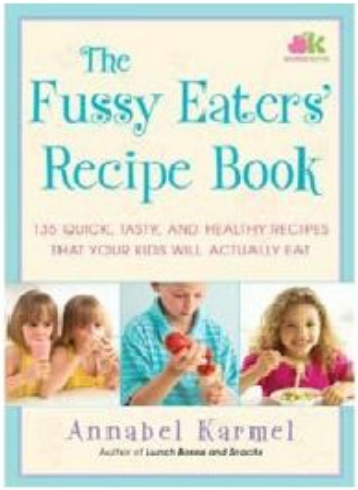
Break the chocolate into pieces and melt in a heatproof bowl over a pan of simmering water. Alternatively, melt in a suitable bowl in a microwave. Allow to cool down a little. Beat the butter until pale and fluffy and beat in the confectioners' sugar a little at a time. Fold in the melted chocolate followed by the milk.



photography by Vera Shepherd

Editor's Notes: Careful when melting chocolate, do not let any moisture in the melted chocolate or else it will seize. These cupcake are delicious alone. I find the buttercream recipe too sweet, so use sparsely. A simple alternative to the chocolate buttercream is fresh whipped cream, topped with half-strawberry. If you choose to frost with the chocolate buttercream, use the best quality chocolate and butter. For a little less sweet buttercream omit 1/4 cup of powdered sugar and use bittersweet chocolate.

Get this...



what: The Fussy Eaters' Recipe Book: 135 Quick, Tasty and Healthy Recipes that Your Kids Will Actually Eat

who: Annabel Karmel is a mother of three and the author of fifteen best-selling books on cooking for babies, children, and families.

why: Annabel shows how to sneak fruits and vegetables into child-friendly recipes to boost their nutritional content. She provides sound strategies that can coax even the pickiest child to try new foods. You will find healthy versions of junk food classics. Simple, easy-to-prepare food that the whole family will enjoy. Nutritious snacks to entice even the fussiest eaters. Recipes for gluten-intolerant children. Delicious and nutrient-packed desserts.

where: www.amazon.com

Annabel says...

"Rice flour, polenta, buckwheat flour, and potato flour are fine for celiacs.

For cakes, make sure you use nonstick pans that are well greased and lined on the bottom for easier turning out—gluten-free baked goods are always, by nature, a little more fragile.

Where a recipe calls for self-rising flour, mix in 3 to 4 level teaspoons of gluten-free baking powder to every 1-1/2 cups of gluten or wheat-free flour.

I find that pastry holds together much better if you mix it with egg rather than just water- egg helps to act as a binder.

Many processed foods such as fish sticks and chicken nuggets contain gluten, and some use bread or wheat starch as fillers, so don't give your child any processed foods unless they are labeled gluten-free.

Corn- or rice-based cereals are fine.

Add slightly more liquid to your recipes because it will be quickly absorbed (and it doesn't mean tough pastry, as there is no gluten)."

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what's for BRUNCH...



recipes by Lisa Atwood
photography by Erin Kunkel
food styling by Erin Quon

buttermilk pancakes

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What you need

Large egg 1
Low-fat buttermilk
2-1/2 cups
(20 fl oz/625 ml)
Butter
2 Tablespoons, melted, plus more for cooking the pancakes and serving
All-purpose flour
1 cup (5 oz/155 g)
Sugar 1 Tablespoon
Baking powder
1 teaspoon
Baking soda
1/2 teaspoon
Salt 1/2 teaspoon
Maple syrup for serving

Makes about 12 pancakes; 4 servings

did you know?
According to the 2001 Guinness Book of World Records, the largest pancake ever made weighed nearly 3 tons and was 49 feet, 3 inches (15 meters) in diameter!

first mix the ingredients

Crack the egg into a medium bowl and whisk until frothy. Add the buttermilk and melted butter and whisk gently just to combine. Add the flour, sugar, baking powder, baking soda, and salt and whisk gently just until the flour is incorporated.

then cook the pancakes

Heat a large frying pan or griddle over medium heat until hot, but not smoking. Add a little bit of butter to the pan and, using a spatula, spread it evenly over the bottom. For each pancake, spoon about 1/4 cup (2 fl oz/60 ml) of the batter onto the pan, spacing them a few inches apart. Cook until the edges of the pancakes begin to look dry and the bottoms are golden brown, about 2 minutes. Slide a spatula underneath each pancake and carefully flip it over to cook the other side. Cook the pancakes on their second side until golden brown on the bottom and the batter is no longer runny in the center, about 1 minute longer. Continue to cook the remaining pancakes in the same way.

finally serve the pancakes

Using the spatula, slide the pancakes onto a serving plate. Serve warm with butter and syrup to drizzle over the top.

variation banana pancakes

Use only 2 cups (16 fl oz/500 ml) buttermilk and add 1 mashed banana to the batter with the buttermilk. Cook as directed.

variation chocolate chip pancakes

Just before cooking, stir 1/4 cup (11/2 oz/45 g) mini chocolate chips into the batter. Cook as directed.



Dutch Baby Pancakes

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What you need

Butter 6 Tablespoons (3 oz/90 g)
Large eggs 4
Milk 1 cup (8 fl oz/250 ml)
All-purpose flour 1 cup (5 oz/155 g)
Blackberries 1/2 cup (2 oz/60 g)
Powdered sugar for dusting

Makes 4–6 servings

did you know?
The original "Dutch baby" oven-baked pancakes were derived from a recipe for large German pancakes served in a family-run Seattle restaurant in the early 1900s. Traditional ones rise dramatically at the sides during baking, while these miniature versions puff just as nicely in the middle.

first heat the pans
Preheat the oven to 400°F (200°C). Have ready six 10-oz (315-g) ramekins or four 5-inch (13-cm) pie tins. Divide the butter evenly among the dishes. Place the dishes in the oven.

then mix the ingredients
While the butter is melting, crack the eggs into a blender. Blend on low speed for 1 minute. With the motor running, gradually pour in the milk, then the flour. Blend until smooth.

next bake the batter
Wearing oven mitts, remove the dishes from the oven and, using a pastry brush, lightly brush the butter over the bottom and up the sides of each dish. Carefully pour an equal amount of the batter into each dish. Add the berries, dividing them evenly between the dishes. Bake until puffed and golden, 17–19 minutes.

finally serve the pancakes
When the pancakes are ready, remove the dishes from the oven, transfer to serving plates, and serve at once while they are still nice, puffy and warm. Dust with powdered sugar as desired.



Monkey Bread

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what you need

Butter 1/2 cup (4 oz/125 g), melted
Golden brown sugar 1 cup (7 oz/220 g) firmly packed
Pecans 1/2 cup (2 oz/60 g) plus 2 Tablespoons finely chopped
Ground cinnamon 2-1/2 teaspoons
Sweet White Bread dough (page 58) or store-bought frozen Parker House–style rolls 1 package (25 oz/780 g) thawed
All-purpose flour for dusting

Makes 10–12 servings

did you know?
The origin of the name "monkey bread" is uncertain. One theory is, since most kids like to enjoy it ball by sticky ball, it evokes what your moms might call "eating like a monkey."

first prepare the pan and toppings

Using a pastry brush, brush the inside of a 10-inch (25-cm) Bundt pan with some of the melted butter. Set aside the remaining butter in a shallow bowl. In another shallow bowl, mix together the brown sugar, 1/2 cup pecans, and cinnamon and set aside. Sprinkle the remaining 2 tablespoons pecans over the bottom of the pan.

then assemble the loaf

Place the homemade dough or the thawed rolls on a lightly floured work surface. If using homemade dough, cut it into golf ball–size pieces. Working with a few rolls or pieces of dough at a time, roll the dough in the melted butter and then turn to coat in the brown-sugar mixture. Place the coated dough pieces in a roughly even layer in the prepared pan.

next let it rise

Preheat the oven to 350°F (180°C) for 5 minutes, then turn off the oven. Cover the pan loosely with aluminum foil and place in the warm oven. Let the dough rise until doubled in bulk, about 1 hour. Remove the pan from the oven and preheat the oven to 375°F (190°C).

finally bake the bread

Bake until richly browned and a toothpick inserted into the center of the loaf comes out clean, 20–25 minutes for the homemade dough or 30–35 minutes for the store-bought rolls. Remove the pan from the oven and set on a wire rack to cool for 5 minutes. Using oven mitts, hold a serving plate upside down over the pan, then turn the pan and plate together, releasing the loaf onto the plate. Serve warm.

Sweet White Bread

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what you need

Lukewarm (110°F/43°C) water
1/2 cup (4 fl oz/125 ml)
Active dry yeast
1 package
(2-1/2 teaspoons)
Lukewarm (110°F/43°C) milk
1/2 cup (4 fl oz/125 ml)
Sugar 1/4 cup
(2 oz/60 g)
Salt 1 teaspoon
Large egg 1
Butter 1/4 cup
(2 oz/60 g) plus 1 Tablespoon, melted separately, plus more for greasing
All-purpose flour 3 to 3-1/2 cups
(15–18 oz/470–560 g)
Oil for greasing

Makes one 4-by-8-inch (10-by-20-cm) loaf

make a wet dough

In a large bowl or in the bowl of a stand mixer, combine the water and yeast and let stand until foamy, about 2 minutes. Add the milk, sugar, and salt. Add the egg and whisk until blended. Stir in the 1/4 cup melted butter and 2-1/2 cups (12-1/2 oz/390 g) of the flour.

to knead with the mixer

Attach a dough hook to a stand mixer. Gradually beat in 1/2 cup (2-1/2 oz/75 g) more flour on low speed, then increase the speed to medium and beat until the dough is no longer sticky and springs to the touch, 3 to 4 minutes. Add more flour, about 1 tablespoon at a time, only as needed to prevent sticking.

to knead by hand

Dump 1/2 cup (2-1/2 oz/75 g) flour out onto a clean work surface and spread it around with your fingers until the surface is well coated. Turn the dough out onto the surface and flour your hands. With the heel of your hand, knead the dough by pulling the far half of the dough toward you, folding it over itself, then pushing the dough down and away from you along the work surface. Turn the dough a quarter turn and repeat the steps, pulling the dough, folding it in half, and pushing the dough with the heel of your hand. Continue to turn and knead, adding flour only as needed to prevent sticking, until the dough is no longer sticky and springs to the touch, 5 to 7 minutes.

let it rise

Place the dough, kneaded by either method, in a lightly oiled bowl and turn to cover its surface with oil. Cover with plastic wrap and let rise in a warm place until doubled in bulk, 1 to 1-1/2 hours.

shape it

Butter a 4-by-8-inch (10-by-20-cm) loaf pan. Turn out the risen dough onto a clean work surface and press down on the dough to release any air bubbles. Roll up the dough into a loaf shape and pinch the seam closed to seal. Place the loaf, seam side down and ends tucked in, into the prepared loaf pan. Brush with the remaining 1 tablespoon melted butter.

let it rise again

Cover the pan with a kitchen towel and let the dough rise again in a warm place until doubled, about 1 hour.

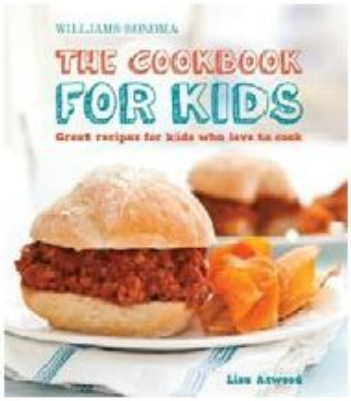
bake the loaf

Preheat the oven to 375°F (190°C). Bake until lightly browned and the loaf sounds hollow when gently tapped with a finger, 20 to 22 minutes. Let the bread cool in the pan on a wire rack for 5 minutes. Turn the loaf out onto the rack, turn upright, and let cool completely. Cut into slices before serving.

variation cinnamon-swirl bread

Make the Sweet White Bread dough as directed and let it rise. When shaping the dough, turn out the dough onto a clean work surface and press out the air bubbles. Using a rolling pin, roll out the dough into an 8-by-12-inch (20-by-30-cm) rectangle. In a small bowl, mix together **1/4 cup (2 oz/60 g) sugar** with **2 teaspoons ground cinnamon**. Brush the dough rectangle with **1 tablespoon melted butter**, then sprinkle evenly with the cinnamon-sugar mixture. Starting at a short end, roll up the dough into a loaf shape and pinch the seam closed to seal. Continue as directed in recipe, placing the dough in the pan, brushing the top with **1 tablespoon melted butter**, then baking it at 350°F (180°C) for 32 to 35 minutes.

Get this...



what: Williams-Sonoma The Cookbook for Kids: Great Recipes for Kids Who Love to Cook

why: Packed with more than 60 recipes for easy-to-make treats, from crepes and cookies to fish tacos and teriyaki chicken bowls. Kids will love to make cinnamon-swirl French toast for breakfast, or ultra-chocolatey brownies for after-school snacks.
Full of colorful illustrations, photographs, and fun facts to ensure they will fun whipping up their own creations in the kitchen.

where: www.amazon.com
www.williams-sonoma.com

Editor's Notes: We made Cinnamon Buns with the Sweet White Bread recipe!

Make the Sweet White Bread dough as directed and let it rise. Then, place the dough on a clean work surface, and roll it into a 16- x 14-inch rectangle. Spread the dough with **1/3 cup** (2-5/8 oz.) **unsalted butter, softened**. Mix a **1 cup** (7-1/4 oz.) **packed brown sugar**, **3 Tablespoons cinnamon**, 1/2 teaspoon freshly ground nutmeg (optional); and, spread it evenly over the dough, leaving about one-inch on the short-side nearest to you.

Starting with short-side nearest you, roll the dough into a log, and cut it into 12 slices. Place the buns in a lightly **greased 9- x 13-inch pan**. Cover the pan with plastic wrap, and let the buns rise until nearly doubled, about 30 minutes. Bake the buns in a pre-heated 350°F oven until golden brown, about 30 minutes. While the buns are baking, make the icing.

To make the icing, in a small bowl, beat together the **3 oz. cream cheese**, **1/4 cup** (2 oz.) **unsalted butter, softened, 1-1/2 cups** (6 oz.) **powdered sugar, sifted**, and **1/2 teaspoon pure vanilla extract**. Spread the icing on the buns while warm and serve immediately.

photography by Vera Shepherd



C is for Chocolate!

recipes by Cindy Mushet
photography by Maren Caruso
except where noted

Gone Bananas Chocolate Chip Cake

Reprinted with permission from **Baking Kids Love by Sur La Table**. Recipes by Cindy Mushet; photograph by Maren Caruso. Copyright 2010 by Andrews McMeel Publishing

Serves 8 apes (er, friends)

Tools

Measuring cups and spoons
9 by 5-inch loaf pan
2 medium and 1 large bowl
Fork or potato masher
Whisk
Silicone spatula
Toothpick
Oven mitts
Cooling rack
Cutting board
Serrated knife
Small saucepan
Table spoon

Banana cake

3 large, very ripe bananas
2 cups unbleached all-purpose flour
3/4 teaspoon baking soda
1/2 teaspoon salt
2 large eggs
1 cup sugar
1/2 cup canola or corn oil
1 teaspoon pure vanilla extract
1/2 cup miniature semisweet chocolate chips

Chocolate Icing

4 ounces semisweet chocolate
1/2 cup heavy whipping cream

1. Before you begin

Position an oven rack in the center of the oven, and preheat the oven to 350°F. Lightly butter the loaf pan, or spray with pan spray.

2. Mash the bananas

Peel the bananas and break them into pieces in 1 of the medium bowls. Using the fork or potato masher, smash them into pulp. It's okay if a few small lumps of banana remain. You should have about 1-½ cups banana pulp.

3. Mix the batter

Put the flour, baking soda, and salt in the large bowl and whisk to blend well. Add the eggs, sugar, oil, and vanilla to the banana pulp and whisk to blend well. Make a well in the center of the dry ingredients and pour the banana mixture into the well. Whisk until the batter is smooth and you don't see any more patches of flour. Gently stir in the chocolate chips.

4. Fill the pan and bake the cake

Using the silicone spatula, scrape the batter into the prepared pan and smooth the top. Bake for 65 to

75 minutes, until deep golden brown, firm to the touch in the center, and a toothpick inserted into the center comes out clean. You may see some melted chocolate on the toothpick from the chocolate chips. Using the oven mitts, transfer the pan to the cooling rack and let the cake cool completely.



5. Make the icing

When the cake is cool, make the icing. Put the chocolate on the cutting board. Using the serrated knife, chop the chocolate into small pieces. Transfer the chocolate to the other medium bowl. Pour the cream into the small saucepan and place over medium heat, just until it begins to boil. Turn off the heat. Immediately pour the cream over the chocolate. Let the mixture sit for 2 minutes, then whisk gently until blended and smooth. Let cool for 5 to 10 minutes, until the icing runs off the tip of a teaspoon like warm honey.

6. Ice the cake

Remove the cake from the pan by turning it upside down and firmly shaking the pan a couple of times, while guiding the cake out onto your hand. Turn the cake right side up on a serving plate or a piece of parchment paper. Using the tablespoon, spoon the icing evenly over the top, letting some of it drip down the sides. Let the icing set for 20 minutes, then slice the cake with a serrated knife. Or leave the cake, uncovered, at room temperature until serving time.

Nuts for Nutella Chocolate Tart

Reprinted with permission from **Baking Kids Love by Sur La Table**. Recipes by Cindy Mushet; photograph by Maren Caruso. Copyright 2010 by Andrews McMeel Publishing

Serves 8 to 10 nutty friends

Tools

Measuring cups and spoons
2 medium bowls
14 by 4-inch rectangular tart pan with removable bottom
Baking sheet
Silicone spatula
Oven mitts
Cooling rack
Cutting board



"This luscious tart is full of rich chocolate and hazelnut flavors. It looks so cool, your friends won't believe you made it yourself!" — Bella



Serrated knife
Small saucepan
Whisk
Parchment paper
Rectangular stencil, in any design, about length of tart pan
Fine-mesh sieve

Crust

1-1/2 cups finely ground chocolate cookie crumbs (not sandwich cookies)
6 Tablespoons (3/4 stick) unsalted butter, melted

Filling

4 ounces semisweet chocolate
2/3 cup heavy whipping cream
3/4 cup Nutella (chocolate-hazelnut spread)
to decorate:
1 Tablespoon unsweetened cocoa powder

1. Before you begin

Position an oven rack in the center of the oven, and preheat the oven to 350°F.

2. Make the crust

Place the cookie crumbs in 1 of the medium bowls. Pour the melted butter over the crumbs and stir with the spatula until all the crumbs are evenly moistened. Smash any lumps that form.

Scrape the mixture into the tart pan and use your clean fingers or the bottom of a measuring cup to press the mixture into a thin, even layer over the bottom of the pan. The excess will mound along the sides. Use your fingers to press this excess up the sides of the pan so that the crust is level with the rim. Set the tart pan on the baking sheet.

3. Bake the crust

Bake for 8 to 10 minutes, until it is fragrant. It will harden as it cools. Using the oven mitts, transfer to the cooling rack and let cool completely.



4. Make the filling

Put the chocolate on the cutting board. Using the serrated knife, chop the chocolate into small pieces. Place the chocolate in the other medium bowl. Pour the cream into the small saucepan, place over medium heat, and heat just until it begins to simmer. Turn off the heat. Immediately, pour the cream over the chocolate. Let sit for 2 minutes, then whisk gently until blended and smooth. Whisk in the Nutella until smooth.



Scrape the filling into the cooled tart shell with the clean silicone spatula and smooth the top. Refrigerate for about 1 hour, or until firm.

5. Umold the tart

Carefully push the bottom of the tart pan up through the sides. Leave the tart on the bottom of the pan. Set on a piece of parchment paper.

6. Decorate the top

Place the stencil on top of the tart. It should be sturdy and have

a pattern you like that covers the length of the tart. Place the cocoa powder in the sieve and hold it over the tart. Tap the side of the sieve gently as you slowly move it around the top of the tart (see right photo). Be careful not to tap too hard: You want a fine layer of cocoa, not thick piles that will make your guests cough! Carefully lift the stencil straight up from the tart, then slowly move it to the side, so you don't spill any more cocoa powder onto the tart.

Brownie S'mores Bars

Reprinted with permission from **Baking Kids Love by Sur La Table**. Recipes by Cindy Mushet; photograph by Maren Caruso. Copyright 2010 by Andrews McMeel Publishing

Makes 36 outrageous treats

Tools

Measuring cups and spoons
9-inch square baking pan
Aluminum foil
1 medium and 1 large bowl
Medium saucepan
Silicone spatula
Oven mitts
Cooling rack
Cutting board
Serrated knife
Whisk
Chef's knife
Ruler



Crust

1-1/2 cups fine graham cracker crumbs
1 Tablespoon sugar
6 Tablespoons (3/4 stick) unsalted butter, melted

Brownie Filling

6 ounces semisweet chocolate
1/2 cup (1 stick) unsalted butter, cut into pieces
3/4 cup sugar
2 large eggs, at room temperature
2 teaspoons pure vanilla extract
1/2 cup unbleached all-purpose flour
1/8 teaspoon salt



Bella's tip:
Don't completely cover the surface of the brownies with marshmallows, or they will be impossible to cut through after baking. If you want extra marshmallows, add them to the top after you cut the bars.

Editor's Notes:
I like the marshmallows a little charred, so use a kitchen torch, if desired.

1/2 cup milk chocolate chips
1-1/4 cups mini marshmallows

1. Before you begin

Position an oven rack in the center of the oven, and preheat the oven to 350°F. Turn the pan upside down and mold a piece of aluminum foil to the outside. You should have about an inch of overhang around the edges. Slide the foil off the pan bottom, and turn the pan right side up. Slip the foil inside the pan. Fold down any foil that extends past the top edges over the outsides. Lightly butter the foil, or use pan spray.

2. Make and bake the crust

Place the graham cracker crumbs and sugar in the medium bowl. Pour the butter over the cookie crumbs and stir with the silicone spatula until the mixture is evenly moistened. Smash any lumps that form.

Scrape the mixture into the prepared pan and use your clean fingers to press it into an even layer over the bottom of the pan.

Bake for 10 minutes. Using the oven mitts, transfer the pan to the cooling rack and let cool for 15 minutes. Leave the oven on.

3. Make the brownie filling

Put the chocolate on the cutting board. Using the serrated knife, chop the chocolate into small pieces. Put the butter in the medium saucepan, place over low heat, and heat until it melts. Turn off the heat, and move the pan to a heatproof surface. Add the chocolate to the pan, let it sit for 2 minutes, then whisk until blended. The chocolate should be very smooth. If it is still lumpy, let it sit for another minute or two, then whisk again. Scrape the chocolate mixture into the large bowl.

Whisk the sugar into the chocolate mixture until fully blended. Whisk in the eggs, one at a time, blending well after each egg is added. Whisk in the vanilla. Finally, whisk in the flour and salt. Whisk slowly at first, then faster, until the batter is smooth and shiny. It will be thick. Stir in the chocolate chips.

4. Fill the pan and bake

Using the spatula, scrape the batter into the crust and smooth the top. Bake for 25 minutes. Using the oven mitts, remove the pan from the oven, set it on a heat-proof surface, and close the oven door. Carefully sprinkle the mini marshmallows evenly over the top. With your hand covered by an oven mitt, gently press on the marshmallows just once so they stick to the brownie filling. You may want to ask an adult to help you with this step.



Return the pan to the oven and continue to bake for another 15 minutes, or until the brownie

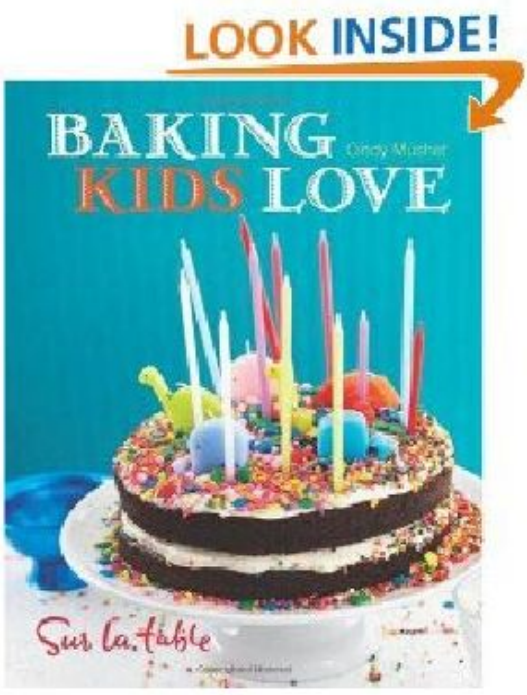
mixture feels firm when lightly pressed, a toothpick inserted into the center comes out with a few moist crumbs on it, and the marshmallows are golden brown. Using the oven mitts, transfer to the cooling rack and let cool completely.

5. Unmold and cut

To remove the big brownie from the pan, grasp the foil at the top in 2 places opposite each other and gently pull upward. Set the big brownie on a cutting board, and then gently peel back the foil.

Spray the chef's knife with a little pan spray so the sticky brownies won't cling to it when you cut them. Keep a warm, damp towel handy so you can wipe and respray the knife when it gets too messy (you may want to ask an adult to help you with this step). Starting at one side, cut the square into 6 equal strips. Then, cut 6 equal strips in the opposite direction. You will have 36 brownies. Of course, you can cut the brownies larger or smaller, if you like. Lift the brownies off the foil bottom. Store in an airtight container or a resealable plastic bag for up to 5 days.

Get this...



what: Baking Kids Love

who: Baking instructor, Cindy Mushet, and her 11-year-old daughter, Bella, team up with cookware authority Sur La Table to carefully guide kids through the experience of creating awesome masterpieces in the kitchen.

why: Baking is fun, a great way to connect with kids, and the results are delicious. Whether slathering fluffy, white frosting over a decadent chocolate cake, or forming soft ropes of dough into creative shapes, time spent together in the kitchen creates memories that last a lifetime.

Both young and old love a warm surprise when it comes out of the oven. Baking Kids Love brings the magic of baking alive through thirty delicious recipes, designed for 8 to 12-year-olds, that are totally a blast to make—and eat!

where: www.amazon.com



Step-by-step...

Place the graham cracker crumbs and sugar in the medium bowl. Pour the butter over the cookie crumbs.

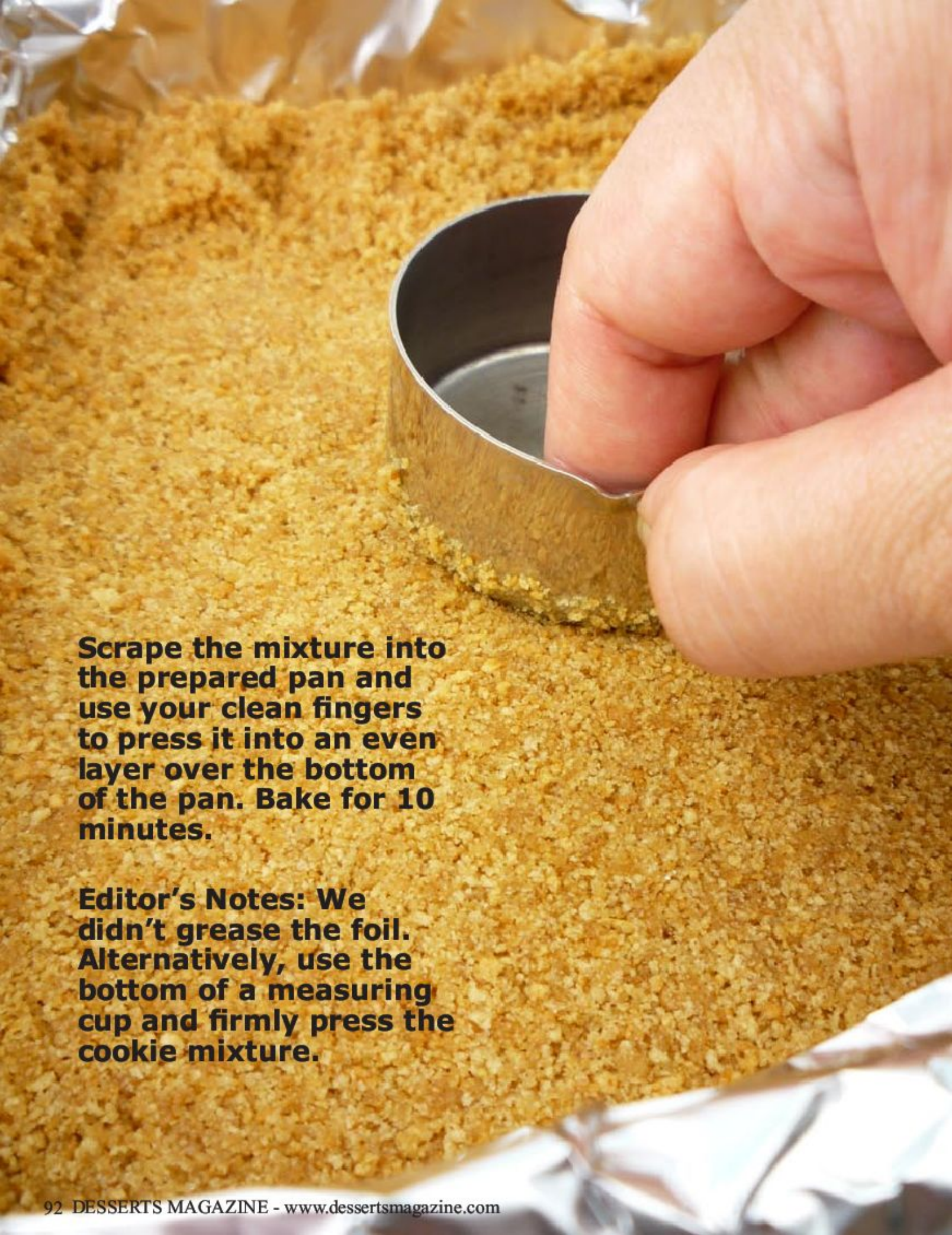
Editor's Notes: Cut the butter into small pieces and melt in the microwave at 30 seconds intervals, until melted.



Stir with the spatula until the mixture is evenly moistened.

Editor's Notes: It's done when it looks like wet sand.

photographs by Vera Shepherd



Scrape the mixture into the prepared pan and use your clean fingers to press it into an even layer over the bottom of the pan. Bake for 10 minutes.

Editor's Notes: We didn't grease the foil. Alternatively, use the bottom of a measuring cup and firmly press the cookie mixture.



Add the chocolate in the pan with the melted butter, let it sit for 2 minutes.



Whisk until blended and very smooth. Whisk the sugar into the chocolate mixture until fully blended.



Whisk in the eggs, one at a time, blending well after each egg is added. Whisk in the vanilla.

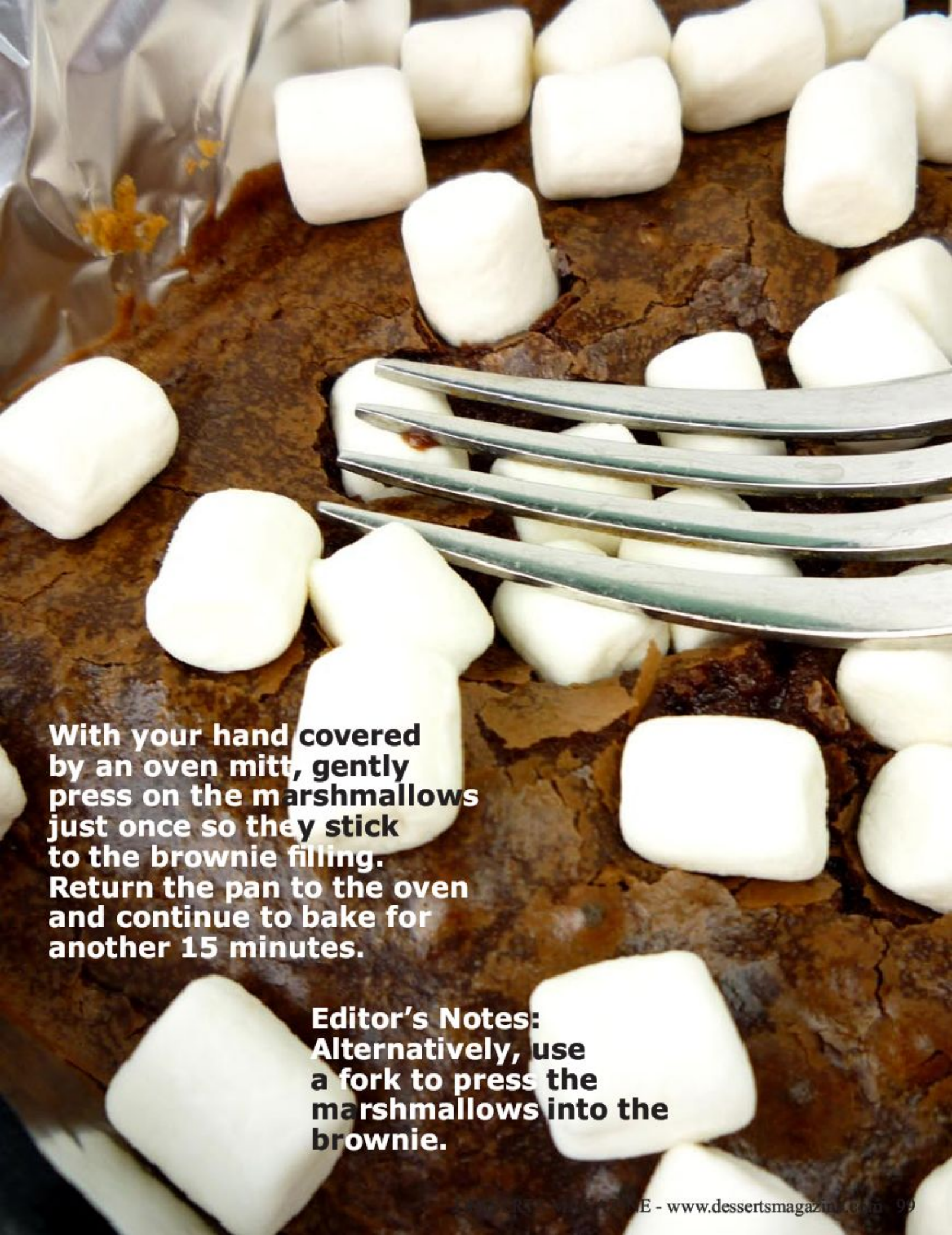


Whisk in the flour and salt.



Whisk slowly at first, then faster, until the batter is smooth and shiny. It will be thick.


Stir in the chocolate chips. Using the spatula, scrape the batter into the crust and smooth the top. Bake for 25 minutes and remove from the oven...



With your hand covered by an oven mitt, gently press on the marshmallows just once so they stick to the brownie filling. Return the pan to the oven and continue to bake for another 15 minutes.

Editor's Notes: Alternatively, use a fork to press the marshmallows into the brownie.

Flourless Chocolate Cakes

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Makes 12 cakes

Tools

Foil cupcake liners
12-cup muffin pan
Medium saucepan
Whisk
Toothpick
Wire cooling rack

Cake

Nonstick cooking spray
1-1/2 cups semisweet chocolate chips
3/4 cup water
8 Tablespoons butter, cut into 6 pieces
1/3 cup sugar
1 teaspoon vanilla extract
3 large eggs

1. Before you begin

Arrange the oven rack in the middle of the oven, and preheat the oven to 300°F. Put foil liners into muffin pan. Lightly spray with nonstick cooking spray.

2. Melt the chocolate

In a medium saucepan, combine chocolate, water, and butter. Cook over low heat, stirring constantly, until melted and smooth. Remove the pan from the heat. Let cool 10 minutes.



3. Make the batter

Add the sugar and vanilla to the cooled chocolate mixture. Whisk until blended. Add eggs, whisking in one egg at a time.

4. Fill the pan and bake

Pour the batter into the cupcake cups, filling each cup almost to

the top of the foil. Bake until a toothpick inserted into the center of a cake comes out with wet clumps on it, about 35 minutes. Using pot holders, move the pan to the cooling rack. Let cool completely. (The centers of the cakes will sink slightly.)



5. Refrigerate and serve

Refrigerate the cakes in the pan until cold, about 4 hours or up to 3 days. Serve cool.



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